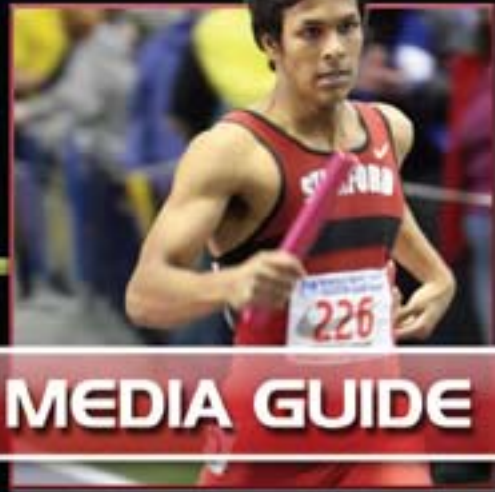
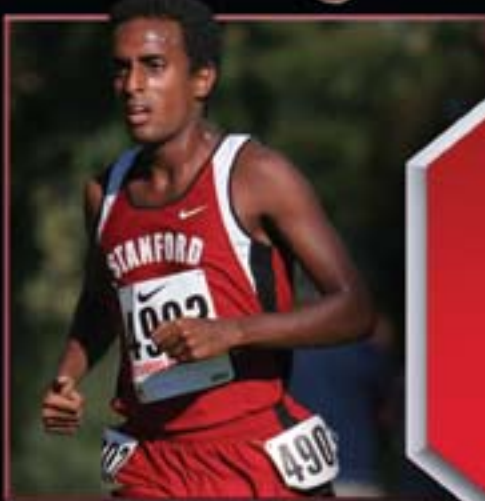




STANFORD TRACK AND FIELD



2008 MEDIA GUIDE



Cobb Track and Angell Field is the home of Stanford Track and Field.

Cobb Track and Angell Field

Home of Stanford Track and Field

Stanford's Cobb Track and Angell Field has become the epicenter of track and field in the United States.

A new era of Stanford Track and Field took center stage when the Cardinal competed at its new venue, Cobb Track and Angell Field, in 1996. The new state-of-the-art facility is built on the site of what was for many years the home of Stanford Track and Field, Angell Field. The facility was made possible thanks to lead gifts from Stanford athletic legends, Charles (Chuck) Cobb and Otis Chandler.

Cobb Track & Angell Field features a nine-lane, all-weather track named in honor of Chuck Cobb and his family. In addition, all field event competition venues are contained within the track, including multi-direction runways for the pole vault, long and triple jumps, all throwing cages and areas, and an interior water jump to contest the steeplechase.

The funds made available by Otis Chandler enabled Stanford Track and Field to name the jumping and throwing venue in the Chandler family name. The area is now known as the Otis Chandler Infield. Thanks to the generous donation by the Pitch Johnson family, permanent lighting and a state of the art scoreboard were installed at Cobb Track and Angell Field in 2002. During the summer of 2003, Chuck Cobb provided an additional gift for the renovation of Cobb Track and Angell Field. Included in the renovation are two new long jump runways and landing pits, a new pole vault runway, and new discus and shot put rings. The entire track was also resurfaced.

Numerous records have been set at Cobb Track and Angell Field over the last six years. In 2001, Stacy Dragila set two world records in the women's pole vault, Meb Keflezighi set an American record in the men's 10,000 meters and Kenya's Abraham Chebii set a U.S. All-Comers record in the men's 10,000

meters. In 2002, Deena Drossin ran an American record in the women's 10,000 meters at Cobb Track and Angell Field and in 2003 Ethiopia's Werknesh Kidane set a U.S. All-Comers record in the women's 10,000 meters. The list of stadium records at Cobb Track and Angell Field is second to none. In addition, Cobb Track and Angell Field was the site of the 2002 and 2003 U.S. National and Junior National Championships that featured track and field stars Marion Jones, Maurice Greene, Gail Devers, Allen Johnson and Adam Nelson. At the 2004 Cardinal Invitational, 15 Olympic A-standards were achieved, including a track record by the great Sonia O'Sullivan of Ireland. Stanford's Cobb Track and Angell Field has become the epicenter of track and field in the United States.

Upon its renewed inception in 1996, former Director of Track and Field Vin Lananna stated, "The newly renovated Cobb Track and Angell Field is a wonderful homecoming for Stanford Track and Field. This restored facility makes it possible for Stanford to host top quality, national and international meets and provides a more intimate setting for the fans and a more visible location within the Stanford community. It is a tremendous step forward for our program, Stanford Athletics and the track and field world as a whole."

Through the dedicated efforts of many people, including Chuck Cobb, Otis Chandler and Pitch Johnson, Stanford's dream for a state-of-the-art track and field facility has become a reality. The list of distinguished donors and fundraisers include longtime Stanford head track and field coach Payton Jordan, John Arrillaga, Ben Anixter, the Bordoni family, Mr. & Mrs. Allan Cheney, Catherine Clark, Bud Deacon, Burt DeGroot, Stanley and Mary Doten, Ben Eastman, Robert Fess, Mrs. Milo S. Gates, Kurt Hauser, Van Johns, Raymond Malott, Robert Miller, William Miller, Mr. & Mrs. Harlow Rotherth, and Mark Thomas, Jr. Their efforts and the hard work of many other people have made Cobb Track and Angell Field one of the finest venues in the country.

Stanford Stadium

Cobb Track & Angell Field replaced the long time home of Stanford track and field, Stanford Stadium. Nestled in a eucalyptus grove on the University campus, Stanford Stadium was the site of many top international and national track meets, including the 1960 U.S. Olympic Trials and the USA vs. USSR dual meet in 1962, which drew over 150,000 fans during the two-day event. In 1978, a tartan track was installed, providing Stanford with one of the finest outdoor running surfaces in the nation. Called "the best of all worlds for every event" by former head track coach Payton Jordan, the track design featured heavier texture on the inside lanes for distance running and harder, faster granules on the outside lanes for sprints.

Angell Field

Angell Field was originally dedicated on March 13, 1933, and named in honor of Dr. Frank Angell, who headed the Faculty Athletic Committee for 20 years starting in 1892. A graduate of the University of Vermont, Angell served on the faculty of Cornell University, came to Stanford in 1892, retired at age 65 in 1922, and died at age 82 in 1939. After retiring, he timed track meets, including Ben Eastman's world record in the 400-yard dash at Stanford on March 26, 1932. Ray Lyman Wilbur, Stanford's third president, once wrote, "He (Frank Angell) had a keen appreciation of excellence and of competition, but at the same time was interested in those who struggled for third or fourth place. This led him to accept responsibility for leadership in athletics in the early days of Stanford."



Longtime Stanford coach Payton Jordan (left) with Chuck Cobb, benefactor for Cobb Track and Angell Field



STANFORD TRACK AND FIELD



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 Head Cross Country Coach 8
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Cardinal Quick Facts

Location Stanford, Calif. 94305
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On the Cover

Front Cover: Stanford will be lead by a talented group of All-Americans in 2008. Clockwise from top left: Erica McLain, Daniel Schaeerer, Arianna Lambie, Graeme Hoste, Lauren Centrowitz, Zach Chandy, Lauren Stewart, Russell Brown, Dani Maier, Neftalem Araia.



Teresa McWalters



Katie Harrington



Griffin Matthew

2008 WOMEN'S TRACK AND FIELD OUTLOOK

Determined women's squad looks to regain Pac-10 title

The Stanford Women's Track & Field team has been a consistent contender on the championship level, and last season was no different. The Cardinal earned its second-straight runner-up finish in the highly-competitive Pac-10 conference meet and finished tenth at the 2007 NCAA Championships. The indoor squad also placed in the top ten after finishing sixth at the national indoor championships.

"Our philosophy remains the same," said Edrick Floreal, Franklin P. Johnson Director of Track & Field. "We want to create a well-rounded team, where all events are supported by the program. Our goal is to remain atop the Pac-10 and contend for a national title."

Sprints/Hurdles

The sprinters and hurdlers are a very young, but talented group. The freshman will look to the leadership of the few upperclassmen in the events throughout the season. Returners Nora Miller, Idara Otu, and Alana Walker will look to guide incoming freshmen Shataya Hendricks, Sabrina Nettey, and Brittini Dixon-Smith. Miller was a member of the runner-up 4x100 meter relay team at the 2007 Pac-10 Championships, in addition to competing in the 100 meter hurdles and long jump at the conference meet. The only upperclassman on the squad, Otu is coming off a top ten finish in the 400 meters at the Pac-10 Championships, in addition to competing in the 400 meters at the MPSF Championships. After a redshirt year last season, Walker will look to help lead this talented young group. At the 2006 Pac-10 Championships she competed as a member of the 4x100 meter relay team. Hendricks will look to make an immediate impact, having captured the 2006 and 2007 100 meter State title on her way to being named the 2007 Florida Gatorade Track & Field Athlete of

the Year. Nettey will provide valuable depth to the group as the 2007 Canadian Youth champion in the 100 and 200 meters. Dixon-Smith will provide versatility as an All-State competitor in both the 200 meters and the long jump.

"We will look for our freshman to develop quickly and provide support at national and conference levels," Floreal notes.

Jumps

Senior Erica McLain, sophomore Griffin Matthew, junior Anna McFarlane and newcomers Arantxa King, Sabrina Nettey, and Natasha Barthel will comprise a highly competitive jump squad. Ten-time All-American and triple jump school record holder Erica McLain leads this group of very talented jumpers. McLain has established herself as one of the all-time Stanford greats in her first three seasons on The Farm. She set the school record in the triple jump (46-5¼ - 14.15m), and has now garnered ten All-American honors, and a National Championship in the triple jump. She finished third in the long jump, and second in the triple jump at the 2007 NCAA Outdoor Championships. McLain is the only woman to ever win both the long jump and triple jump at the Pac-10 conference meet, and the first to do so in back-to-back seasons. In addition, Matthew is a talented jumper who will provide valuable postseason experience after competing at the Pac-10 and NCAA Indoor Championships last season. McFarlane is a veteran pole vaulter who owns the Stanford record after posting a 13-1 (3.99m) mark at the MPSF Indoor Championships in 2006. She will look to get back her postseason form after redshirting in 2007. Talented newcomer King will look to make an immediate impact, coming off a prep career which included such honors as the New England Gatorade Track & Field Athlete of the Year from 2005-07, and being the

The Stanford women's track and field team has been a consistent contender on the championship level.

top-ranked long jumper in the nation in 2005. She also has international experience after becoming an IAAF World Youth champion in 2005.

“Both Erica and Griffin have established themselves as solid Pac-10 and NCAA contenders, while star freshman Arantxa will look to have instant impact at the Pac-10,” Floreal says of the jumpers.

The Canadian Youth long jump record holder, Sabrina Nettey will make an impact. Barthel will provide depth for the squad after an outstanding high school career in which she became a two-time third place finisher in the pole vault at the CIF Track & Field High School State Championships.

Throws

The outlook for the women's throws is also strong as returning athletes Dani Maier, Melissa Yunghans, Michaela Wallerstedt and Jaynie Goodbody are joined by freshman Liz Minoofar. Maier returns as both the Stanford record holder in the javelin (165ft) and runner-up in the 2007 Pac 10 Championships. Yunghans comes into her senior season as the team's top shot putter (50ft 4in) and experience at both the Pac-10 and NCAA West Regional Championships. Wallerstedt returns as the team's top discus thrower (161ft 11in) and as a solid competitor in the shot put (48ft 4in). Goodbody comes back after an impressive freshman season leading the team in the hammer throw (180ft). Lastly, freshman Liz Minoofar will add depth to the throwing squad as the 2007 Kansas javelin champion.

“This group is full of established upperclassman who will look to develop throughout the season and provide contributions at both the Pac-10 and NCAA levels,” notes Floreal.

Multi-Events

This highly talented group features key returners Lauren Stewart and Kara Bennett, while also having talented newcomers Whitney Liehr and Lexie Spiranac. Stewart, the school record holder in the pentathlon (3,788 points), will continue to improve and compete in the postseason in this upcoming year. She is coming off a season in which she posted collegiate career bests in the 100 meter hurdles, high jump, shot put, and indoor 800 meters. Stewart also earned a fifth place finish in the pentathlon at the 2007 MPSF Indoor Championships. Bennett showed lots of promise last season as a freshman. She finished in the top 12 in the heptathlon at the 2007 Pac-10 Championships where she recorded her collegiate career best score of 4,416 points. Freshmen Liehr, the 2006 USATF Junior Olympic heptathlon runner-up, and Spiranac, the 2007 5A state high jump champion, will provide valuable depth to this solid group.

“The women's multi-event squad has grown to a very competitive group of contenders, who will advance our teams ability to perform at the highest level,” says Floreal.

Distances

The Stanford women's distance squad has been among the top in the nation for many years, and will continue to be the force that drives this team in the upcoming season. The runners that have claimed three consecutive NCAA cross country titles will rank as the top middle and long distance competitors on the track, including All-Americans Lauren Centrowitz, Katie Harrington, Arianna Lambie, and Teresa McWalters. Centrowitz will lead this extremely talented squad into the postseason in 2008. She is coming off a season where she earned All-American honors after finishing ninth in the 1500 meters at the 2007 NCAA Indoor Championships. Harrington has continued to improve every year on The Farm and this season should be no different. She is coming off an outstanding cross country season in which she earned All-American honors as the third Stanford runner to finish. Last season, Harrington earned a fifth place finish in the 5000 meters at the Pac-10 Championships. Lambie will compete during the indoor season, after coming off another All-American cross country season with a ninth place finish at the NCAA Championships. During the 2007 indoor season, Lambie earned All-American honors after finishing as the runner-up in the 5000 meters and third in the 3000 meters at the indoor championships. McWalters earned All-American honors at the 2007 NCAA Outdoor Championships after finishing sixth in the 5000 meters. Returners Lindsay Allen, Shannon Bergstedt, Claire Cormier Thielke, Lindsay Flacks, Alicia Follmar, Mary Liz McCurdy, Laura Mottaz, Kate Niehaus, Madeline O'Meara, Kaylin Pennington, Anne St. Geme, and Kelsey Walker comprise the rest of the highly talented distance squad. Allen earned her spot in the Stanford record books last season after setting the 3000 meter steeplechase record with a 10:01.53 at the NCAA Championship prelims. Each enters the 2008 season with tremendous promise and looks to provide the team with depth. Newcomers Madeline Duhon, Alex Gits, and Stephanie Marcy will be key ingredients in assuring that the team continues to grow. Gits has already contributed as a member of the 2007 NCAA Championship Cross Country team as our fourth runner.

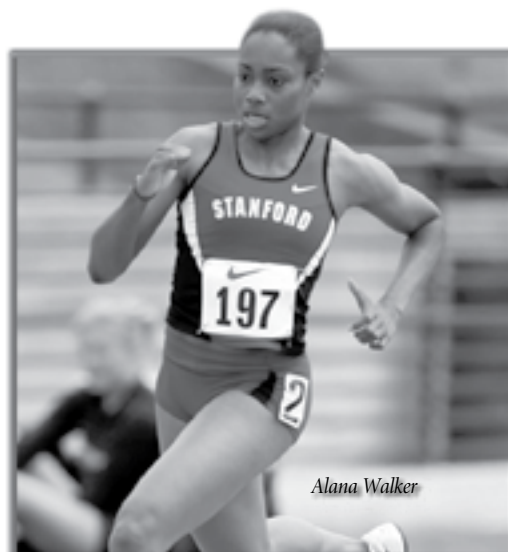
“This group will once again be the backbone of our programs as they continue to consistently perform at the highest level,” states Floreal.



Alicia Follmar



Michaela Wallerstedt



Alana Walker



Josh Hustedt



Myles Bradley



Kyle Davis-Hammerquist

2008 MEN'S TRACK AND FIELD OUTLOOK

Talented, well-rounded men's program set to maintain tradition of success

The Stanford Men's Track & Field team has been among the nation's best since capturing the NCAA outdoor title in 2000. This season the Cardinal will look to repeat its past success, including last season's top-ten finishes at both the NCAA Indoor and Outdoor Championships. This year's squad is a well-rounded, balanced team with talent in all event areas. The postseason experience of the eight returning All-Americans should help the Cardinal regain its Pac-10 contender status. "We have a well balanced team with conference and national contenders in every event area. A balanced and talented group of young men and seasoned veterans should produce fireworks," said Edrick Floreal, the Franklin P. Johnson Director of Track and Field.

Sprints/Hurdles

A strong group of returnees, including Daniel Belch, Myles Bradley, Zach Chandy, Durell Coleman, Ryan Fisicaro, JJ Jackson, Mark Mueller, and Wopamo Osaisai give the squad solid leadership heading into the 2008 season. Belch gained valuable postseason experience last year as a freshman, competing in the 100 and 200 meters at the Pac-10 Championships. Bradley ran a career-best 10.79 in the 100 meters at the Big Meet and 14.09 in the 110m hurdles, while Chandy earned his first All-American honor as a member of the national champion distance medley relay team at the 2007 NCAA Indoor Championships. Coleman, as a freshman, competed in the 400 meters at the Pac-10 Championships. Fisicaro competed well as a freshman in the 100 and 200 meters, and Jackson excelled

in the 110- and 400-meter hurdles, competing at the 2007 Pac-10 Championships. Osaisai highlights this young group, ranking as the top indoor 60-meter (6.83) and outdoor 100-meter (10.39) sprinter in Stanford history. He took fourth in the 100 meters at the Pac-10 Championships last season. Newcomer Andrew Dargie who has competed and experienced success at the highest international level will be key to this competitive unit.

"This is a balanced young group who will be more competitive in the Pac-10 and should have impact at NCAA level," said Floreal.

Jumps

The 2008 team of jumpers is extremely talented and will look to returners Ben Dickens, Graeme Hoste, Josh Hustedt, Tunji Munabi, and Richard Sherman to lead the way. Hoste will lead the way for the deep pole vaulting group, coming off of an incredible 2007 season that saw him earn All-American honors after finishing fourth at the NCAA Outdoor Championships and tenth at the NCAA Indoor Championships, respectively. In addition to competing in the multi-events, Hustedt is also an accomplished jumper, placing sixth in the long jump at the 2007 Pac-10 Championships. Munabi will look to make an impact in both the jumps and sprint events. Sherman made an immediate impact as a freshman last season, finishing fifth in the triple jump and ninth in the long jump at the Pac-10 Championships, and also competing in the triple jump at the NCAA West Regional. Talented freshmen BJ Otto, long jump and triple jump Minnesota state champion, and

Using the experience of 11 returning All-Americans, the Cardinal men will again be among the title contenders at the Pac-10 Championships and beyond.

Casey Roche, three-time Junior Olympic pole vault champion, will make quick contributions to the squad.

"This group of jumpers is more talented than ever and they are very eager to stake their claim at the Pac-10 level," Floreal says.

Throws

Inspired by the success of 2007 graduate and USATF discus champion, Michael Robertson, the outlook for the Stanford men's throwing squad is promising. Returning throwers Daniel Schaerer, Kyle Davis-Hammerquist, Mike Macellari, Carter Wells, and Dan Haddock will be joined by freshman Cody Cox. Schaerer had a breakthrough year in 2007 throwing 201ft 7in in the discus (a Swiss under 23 record) and competing in both the Pac-10 (2006/2007) and NCAA Championships (2006). Davis-Hammerquist also brings post-season experience as he threw 191ft 3in in the hammer and participated in both the Pac-10 and NCAA West Regional Championships. Macellari proved versatile in 2007, throwing the shot 57ft and the discus 168ft 10in as well as competing at both the Pac-10 and NCAA West Regional Championships. Wells redshirted his freshman year but looks to be promising as both a hammer and discus thrower. Haddock started the 2007 season well with the javelin, but was forced to shorten his season due to injury. Lastly, freshman Cody Cox will rounds out the men's throwing squad as a 200ft hammer thrower and the Georgia State runner-up in the shot put.

"We have a well-rounded group who will develop and look to revitalize strong Stanford history of throwers," Floreal says of Stanford's throwers.

Multi-Events

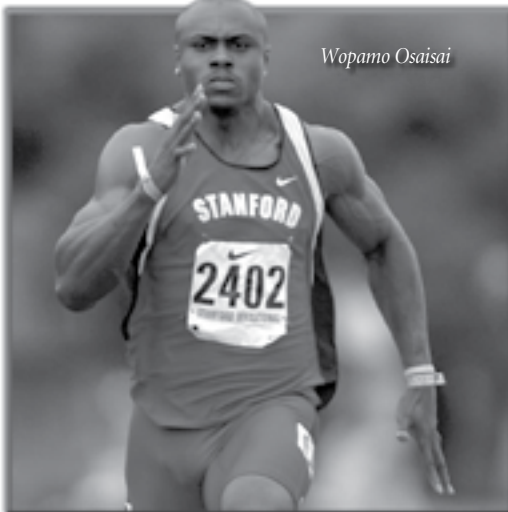
All-American Josh Hustedt and newcomer Corey Dysick make up this small, but very talented multi-event group. Hustedt is coming off a season in which he placed sixth in the decathlon at the 2007 Pac-10 Championships, in addition to setting the Stanford heptathlon record (5,837 points) at the NCAA Indoor Championships on his way to a fourth place finish. He also set the Stanford indoor 60 meter hurdles record (8.03) in 2007. Dysick brings his own accolades to The Farm after capturing the 2007 Arizona decathlon title.

"Hustedt will provide leadership and guidance as the group looks to become NCAA contenders," Floreal notes.

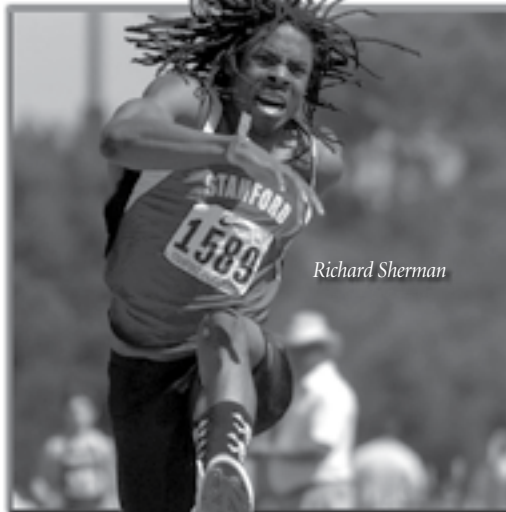
Distances

This squad will look to continue its national distance dominance dating back to the early 1990's. The group returns All-Americans Neftalem Araia, Russell Brown, Hakon Devries, Michael Garcia, and Garrett Heath in 2008. Araia is coming off another All-American cross country season as the top runner for the Cardinal. Brown also garnered All-American honors after the 2007 cross country season. During the 2007 track season he captured All-American honors as a member of the national champion distance medley relay team, and as a runner-up in the mile at the NCAA Indoor Championships. He also claimed All-American honors after a third-place finish in the 1,500 meters at the NCAA Championships, after capturing the Pac-10 title for the same distance. Devries is coming off a solid 2007 cross country season and will look to get back to his championship-caliber form on the track after only competing indoors last season. Garcia earned All-American honors as a member of the national-champion distance medley relay team at the 2007 indoor championships, and he also competed in the 800 meters at the NCAA Outdoor Championships. Heath garnered All-American honors after finishing seventh in the 1,500 meters at the 2007 NCAA Outdoor Championships, while indoors, he picked up All-American honors at the NCAA Indoor Championships in the mile and as a member of the national-champion distance medley relay team. Returners Jacob Evans, Lauren Jespersen, Justin Marpole-Bird, John McGuire, Hari Mix, Chris Mocko, and Justin Reed will also add valuable range and depth to this talented unit. The Cardinal also feature a group of five outstanding freshmen including, Brendan Gregg, Thomas Gruenwald, Footlocker National champion Elliot Heath, Jacob Riley, and JT Sullivan.

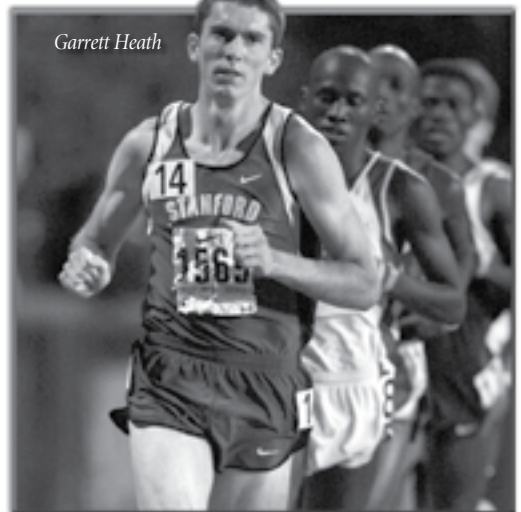
"Our men's distance squad will continue to be our strength and a key ingredient to our success along with our heralded freshmen," says Floreal.



Wopamo Osaisai



Richard Sherman



Garrett Heath



Edrick Floreal

Franklin P. Johnson Director
of Track & Field

Edrick Floreal, who has spearheaded a resurgence of the Stanford Track & Field program, was named Franklin P. Johnson Director of Track & Field during the fall of 2005 by former Stanford Athletics Director Dr. Ted Leland. This year will mark his tenth season with the Cardinal.

"I want to maintain the philosophies of the great track and field coaches at Stanford where the student-athletes are the center of the team and feel very comfortable," said Floreal. "I truly believe in Payton Jordan's philosophy of the coach-athlete relationship and having a family atmosphere among the team."

Since his arrival at Stanford, the Cardinal men and women have enjoyed tremendous success at the Conference and NCAA championship level. Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and NCAA Championship title contenders.

In his second season as the Franklin P. Johnson Director of Track & Field, Floreal led the men's and women's teams to fourth- and sixth-place finishes, respectively, at the 2007 NCAA Indoor Championships. Floreal coached Erica McLain to an NCAA champion-

ship in the triple jump, while Arianna Lambie earned NCAA All-American honors in the 3,000 and 5,000 meters, Russell Brown finished second in the mile, and Josh Husted finished fourth in the heptathlon. Floreal also led Garrett Heath, Zach Chand, Michael Garcia and Russell Brown to the distance medley relay title at the 2007 NCAA Indoor Championships.

The women's team posted a runner-up finish at the 2007 Pac-10 Championships in 2007. Arianna Lambie captured the 1,500- and 5,000-meter titles, while Erica McLain defended her triple jump title and earned her fifth career Pac-10 Championship with an American collegiate record mark of 46-5 ¼. Teresa McWalters (10,000 meters) and Russell Brown (1,500 meters) captured individual titles as well, and Michael Robertson and Ashley Freeman took second, respectively, in the discus and 800-meter events.

At the NCAA West Regional, the Cardinal men finished seventh and the women took home a solid fourth-place finish. Arianna Lambie captured the 1,500 meter title with a time of 4:14.05 and Erica McLain won the triple jump title with a leap of 44-8. Collectively, Floreal had twenty Cardinal student-athletes qualify for the 2007 NCAA Championships.

At the 2007 NCAA Outdoor Championships, the Cardinal men and women both placed 10th overall. Erica McLain earned a pair All-American Honors with a runner-up finish in the triple jump and a third-place effort in the long jump. Michael Robertson took second in the discus and Russell Brown finished third in the 1,500 meters, respectively. Overall, five Cardinal student-athletes received nine All-American awards at the 2007 NCAA Championships. Floreal was later named to the 2007 Pan-American games staff for Team USA in Brazil.

During the 2006 track and field season, the women's squad captured runner-up honors at the NCAA Indoor Track & Field Championship; Stanford's highest finish ever at the event. Seven athletes tallied 10 All-American performances, including Chauntae Bayne-Hackett's third-place finish in the 200 meters and eighth-place finish in the 60 meters, setting school record in both events. Erica McClain also earned All American honors in the long and triple jump. Floreal was named MPSF Coach of the Year for the third-straight year after capturing the women's indoor conference title.

At the 2006 Pac-10 Championships McClain repeated as the Pac-10 long jump and triple jump champion. No other woman in conference history has captured both titles in a single year. Bayne-Hackett also captured the 400-meter title in a school record 52.35. At the 2006 West Regional, Nathonme Johnson captured the regional title in the 400 meters, leading the Cardinal to a first-place team tie with USC. Eleven athletes in all were named All-Americans at the championship and Floreal was later named the West Regional Outdoor Coach of the Year.

In 2005, Stanford's crew of sprinter, hurdlers and jumpers were simply sensational in a season that led to Pac-10 Conference, District and NCAA West Regional Coach of the Year honors for Floreal. McLain became the first woman in Pac-10 history to capture both the triple jump and long jump at the conference meet. McLain's triple jump of 45-2 ½ was the American junior record and she later finished second at the NCAA West Regional and third at the NCAA Championships. McLain shattered her American junior record by winning the

United States Outdoor Championship with an effort of 45-11 ¾, thus earning a berth on Team USA, which competed at the World Championship in Finland.

Stanford captured its first Pac-10 title in women's track & field (in a school record 173 points over UCLA's 70) in 2005, thanks in part to wins by Undine Becker in the 400 meter hurdles, McLain in the triple jump and long jump, a second place finish by the 400 meter relay team, and a third-place effort by Johnson in the 400 meters. Stanford's women's team then won the NCAA West Regional title led by wins by Davis in the 100 meters, as well as a victory in the 1600 meter relay.

The Cardinal 1600 meter relay team broke the school record with a time of 3:29.39 at the NCAA Championship in Sacramento in 2005. Stanford placed fifth as a team, its highest finish since 1992 when the Cardinal placed fourth.

Indoors at the 2005 NCAA Championship, McLain gained two All-American honors with a second-place finish in the triple jump and eighth place in the long jump. Indoor school records were broken by Wopamo Osaisai in the indoor 60 meters, Nick Sebes in the indoor 400 meters, Janice Davis in the indoor 60 meters and 200 meters, Ashley Purnell in the indoor 400 meters and the indoor 1600 meter relay team of Christina Moschella, Janice Davis, Ashley Freeman and Ashley Purnell. Osaisai later broke the long-standing school record in the 100 meters (10.39) at the Junior Pan Am Championships in 2005.

In his first season as head coach of the women's squad Floreal led Stanford to a runner-up finish at the 2004 Pac-10 Championships with 153 points. The Cardinal women finished sixth at the 2004 NCAA Outdoor Championships. At the 2004 NCAA Indoor Championships, Floreal coached Stanford to a seventh place finish. Floreal was named the 2004 MPSF Track and Field Coach of the Year after guiding the Cardinal to its second consecutive MPSF Indoor Track and Field Championship Title.

Several school records in the sprints and relays were set in 2004. The women's 4x100 meter relay and the 1600 meter relay set school records for the second consecutive year, while the men broke a 26 year old school record in the 4/100 meter relay. The women's 4x100 meter relay earned All-American honors at the NCAA Championships for the first time in school history with an eighth-place finish in the final. The men's 4x100 meter relay ran a time of 39.71 to qualify for the NCAA Championships. In the women's 400 meters, Nathonme Johnson set a school record and Keisha Gaines set a freshman school record.

The 2003 track and field season was also filled with success for Stanford sprinters. The women's 1600-meter relay won the Pac-10 Championship, set a then school record, and qualified for the NCAA Championships. Nathonme Johnson broke the freshman school record in the 200 and 400 meters, and became the first Stanford sprinter since 1992 to compete at the NCAA Championship. In indoor competition, Jakki Bailey set a then school record in the 60 meters while Ashley Purnell set the then school record in the 200 meters. The women's indoor 1600 meter relay team won the 2003 crown at the MPSF Championships. The men's 1600 meter relay team captured top honors at the 2003 NCAA West Regional Championship. Lindsey Johnson (1000 meter, hurdles, 60 meter hurdles), Milton Little (60 meters), and Justin Williams (60 meter hurdles) each established new school records.

Floreal's vast technical knowledge in the sprints, hurdles and jumps, and his experience as a world-class athlete have benefited several athletes to outstanding individual accomplishments in a wide variety of events.

In 1999, Floreal coached Tracye Lawyer to the 1999 NCAA title in the heptathlon and her third consecutive Pac-10 title. Floreal coached Michael Ponikvar to three Pac-10 Conference high jump titles in 1999, 2001, and 2002. In 2003, Floreal coached Grace Upshaw to the U.S National Title in the women's long jump and No.5 world ranking. Upshaw finished second at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. Floreal also coached Stanford alumnus Jackie Edwards to her fourth Olympics in the long jump. In

2004, Floreal helped guide 2000 Stanford graduate Toby Stevenson to a silver medal at the Athens Olympics.

Floreal served as assistant coach for Team USA at the 2002 IAAF World Junior Track and Field Championships in Kingston, Jamaica, which featured the world record-setting men's 4x100 meter relay team, the first team to run under 39 seconds. Prior to his arrival at Stanford, Floreal produced 13 All-Americans in three seasons at Kentucky. He also enjoyed successful coaching stints at Georgia Tech and Nebraska.

Floreal graduated from Arkansas in 1990. While a student-athlete for the Razorbacks, he captured five NCAA triple jump titles and four NCAA team championships. He also competed for Canada at the 1988 and 1992 Summer Olympic Games.

Floreal is married to LaVonna Martin-Floreal, the 1992 Olympic silver medalist in the 100-meter hurdles. The couple has two children, Edrick Jr. and Mikaielle. The Floreals reside in Palo Alto.



National Team Finishes (W)

2007 – 6th (indoor), 10th (outdoor)
 2006 – 2nd (indoor)
 2005 – 5th (outdoor); 8th (indoor)
 2004 – 6th (outdoor); 7th (indoor)
 2003 – 9th (outdoor); 6th (indoor)
 2002 – 7th (outdoor); 5th (indoor)
 2001 – 8th (outdoor)

National Team Finishes (M)

2007 – 10th

Individual**National & International Competition****2006**

Erica McLain, 2006 NACAC U-23 championships (Silver Medal), triple jump
 Janice Davis, USA National Championships, 200m (6th place)

2005

Wopamo Osaisai, Junior Pan Am Championship, 100m

Wopamo Osaisai, United States Junior National Championship, 100m (2nd place); 200m (5th place)

Deborah Akinniyi, United States Junior National Championship, triple jump
 Erica McLain, World Track & Field Championship, triple jump

Erica McLain, United States Senior National Championship, triple jump (1st place)

2004

Feranmi Okanlami, United States Junior National Championship, triple jump

2003

Milton Little, United States National Championship, long jump

Solomon Welch, Junior Pan Am Games, triple jump

Solomon Welch, United States Junior National Championship, triple jump (1st place)

2002

Lillian Bush, United States Junior National Championship, heptathlon

Gerren Crochet, United States Junior National Championship, 400m hurdles

Solomon Welch, United States Junior National Championship, triple jump

Undine Becker, United States Junior National Championship, 100m hurdles

Undine Becker, United States Junior National Championship, long jump

Keisha Gaines, United States Junior National Championship, 400m

Ahimba Hodari, United States Junior National Championship, heptathlon

Christine Moschella, United States Junior National Championship, 400m

2001

Lillian Bush, United States Junior National Championship, heptathlon

Lindsey Johnson, United States Junior National Championship, 100m hurdles

1999

Warrick McDowell, United States Junior National Championship, triple jump

Tracye Lawyer, USA Track & Field Championship, heptathlon

Robyn Woolfolk, United States Junior National Championship, 100m hurdles

NCAA Champions**2007**

Erica McLain (indoor triple jump)
 Garrett Heath (indoor DMR)

Zach Chandy (indoor DMR)

Michael Garcia (indoor DMR)

Russell Brown (indoor DMR)

2000

Evan Kelty (indoor DMR)

Jayna Smith (indoor DMR)

NCAA West Regional**Team Finishes (Women)**

2007 – 4th 2005 – 1st 2003 – 2nd
 2006 – T1st 2004 – 3rd

NCAA West Regional**Team Finishes (Men)**

2007 – 7th

1999

Tracey Lawyer, heptathlon

NCAA All-Americans**2007**

Erica McLain, triple jump (i), triple jump, long jump

Arianna Lambie, 3000m (i), 5000m (i), 1500m

Lauren Centrowitz, 1500m

Teresa McWalters, 5000m

Michael Roberston, discus

Russell Brown, mile (i), DMR, 1500m

Garrett Heath, mile (i), DMR, 1500m

Zach Chandy, DMR

Michael Garcia, DMR

Josh Hustedt, Heptathlon

Graeme Hoste, Pole Vault (i), Pole Vault

2006

Russell Brown, mile (i), 1500m

Joaquin Chapa, DMR

Michael Garcia, DMR

Jacob Gomez, 3000m (i)

Brett Gotcher, 10,000m

Garrett Heath, DMR

Jonathan Pierce, 3000m steeplechase

Rolf Steier, 1500m

Chauntae Bayne-Hackett, 60m (i), 200m (i)

Janice Davis, 100m, 200m (i)

Ashley Freeman, DMR, 800m

Keisha Gaines, DMR

Arianna Lambie, 3000m (i), mile (i), DMR

Erica McLain, triple jump (i), triple jump, long jump, long jump (i)

Teresa McWalters, 3000m (i)

Amanda Trotter, 3000m (i), DMR

Katy Trotter, 3000m, 5000m

2005

Erica McLain, long jump (i), triple jump, triple jump (i)

Christine Moschella, (indoor DMR)

Chinny Offor (indoor DMR)

Nick Sebes (indoor DMR)

1600m relay (Christine Moschella, Janice Davis, Ashley Freeman, Nashonne Johnson)

2004

Janice Davis (400m relay)

Ashley Freeman (indoor DMR)

Nashonne Johnson (400m relay)

Christine Moschella (400m relay)

Chinny Offor (indoor DMR)

Ashley Purnell (400m relay)

2003

Nick Sebes (indoor DMR)

Christine Moschella (indoor DMR)

2002

Curtis Goehring (indoor DMR)

Christine Moschella (indoor DMR)

2000

Evan Kelty (indoor DMR)

Jayna Smith (indoor DMR)

1999

Tracey Lawyer, heptathlon

NCAA West Regional Champions**2007**

Erica McLain, triple jump

Arianna Lambie, 1500m

Teresa McWalters, 5000m

2006

Erica McLain, triple jump

Nashonne Johnson, 400m

Pacific-10 Team Finishes (Women)

2007 – 2nd 2004 – 2nd 2001 – 3rd
 2006 – 2nd 2003 – 2nd 2000 – 3rd
 2005 – 1st 2002 – 3rd

Pacific-10 Team Finishes (Men)

2007 – 8th

2006 – 7th

2005

Janice Davis (100m)

1600m relay team (*Chinny Offor, Ashley Freeman, Nashonne Johnson, Janice Davis*)

2003

1600m relay (*Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes*)

Pacific-10 Conference Champions

2005

Undine Becker, 400m hurdles

Erica McLain, long jump, triple jump

2002

Milton Little, long jump

1999

Tracey Lawyer, heptathlon

Pacific-10 Conference Champions**2007**

Erica McLain, triple jump

Arianna Lambie, 1500m, 5000m

Teresa McWalters, 10,000m

Russell Brown, 1500m

2006

Chauntae Bayne-Hackett, 400m

Arianna Lambie, 1500m

Erica McLain, long jump, triple jump

1600m relay (*Nashonne Johnson, Ashley Freeman, Janice Davis, Chauntae Bayne-Hackett*)

2005

Undine Becker, 400m hurdles

Erica McLain, long jump, triple jump

2002

Milton Little, long jump

1999

Tracey Lawyer, heptathlon

MPSF Indoor Champions**2007**

Erica McLain, triple jump

Sarah Mathew, long jump

Arianna Lambie, 5000m

2006

Russell Brown, mile

Jacob Gomez, 3000m

DMR (*Russell Brown, Garrett Heath, Michael Garcia, Joaquin Chapa*)

Chauntae Bayne-Hackett, 60m

Janice Davis, 200m

Arianna Lambie, mile, 3000m

Erica McLain, long jump, triple jump

1600m relay (*Keisha Gaines, Nashonne Johnson, Chauntae Bayne-Hackett, Janice Davis*)

DMR (*Amanda Trotter, Ashley Freeman, Arianna Lambie, Katy Trotter*)

2005

Janice Davis, 60m, 200m

Nashonne Johnson, 400m

Erica McLain, long jump, triple jump

1600m relay (*Chinny Offor, Christine Moschella, Nashonne Johnson, Ashley Freeman*)

2004

Ashley Freeman, 400m

1600m relay (*Chinny Offor, Nashonne Johnson, Keisha Gaines, Ashley Freeman*)

2003

1600m relay (*Nashonne Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella*)

2000

Ashley Freeman, 400m

1600m relay (*Chinny Offor, Nashonne Johnson, Keisha Gaines, Ashley Freeman*)

2007

Michael Robertson, discus, 210-01 (64-04m)

Lindsay Allen, steeplechase, 10:01.53

Josh Hustedt, heptathlon, 5836

Josh Hustedt, 60m hurdles, 8.03

Mountain Pacific Sports Federation (Women)

2007 – 2nd 2005 – 1st 2003 – 1st
 2006 – 1st 2004 – 1st

Mountain Pacific Sports Federation (Men)

2007 – 4th

2006 – 2nd

Arianna Lambie, 5000m (i), 15:37.97
 Erica McLain, triple jump, 46-5 1/4 (14.15m)

2006

Chauntae Bayne-Hackett, 100m, 1.15; 200m, 22.78; 400m, 52.35; 60m (i), 7.21; 200m (i), 22.77

4x1500m relay (*Amanda Trotter, Lauren Centrowitz, Katy Trotter, Arianna Lambie*), 17:18.83

DMR (*Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie*), 10:58.72

Sarah Hopping, hammer, 219-8 (66.96m)

Danielle Maier, javelin, 165-1 (50.31m)

Wopamo Osaisai, 60m (i), 6.83

Myles Bradley, 60m hurdles (i), 8.03

Josh Hustedt, heptathlon (i), 5,359 points

Anna McFarlane, pole vault (i), 13-1 (3.99m)

Lauren Stewart, pentathlon (i), 3,788 points

2005

Wopamo Osaisai, 60m (i), 6.83; 100m, 10.39

(*also frosh record*); 200m, 21.04 (*frosh record*)

Nick Sebes, 400m (i), 46.88

Janice Davis, 60m (i), 7.31; 200m (i), 23.70

Erica McLain, triple jump, 45-11 3/4 (14.01m); triple jump (i), 45-7 1/4 (13.90m)

Ashley Purnell, 400m (i), 53.57

1600m relay (*Christine Moschella, Janice Davis, Ashley Freeman, Nashonne Johnson*), 3:29.39

1600m relay indoors (*Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell*), 3:34.92

2004

400m relay (*T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson*), 39.71

Nashonne Johnson, 400m, 52.40

400m relay (*Janice Davis, Nashonne Johnson, Christine Moschella, Ashley Purnell*), 44.18

1600m relay (*Chinny Offor, Christine Moschella, Janice Davis, Nashonne Johnson*) 3:33.09

1600m relay indoors (*Chinny Offor, Nashonne Johnson, Keisha Gaines, Ashley Freeman*) 3:40.19

2003

Milton Little, 60m (i), 6.88

Justin Williams, 60m hurdles (i), 8.03

1600m relay indoors, 3:10.40

Jakki Bailey, 60m (i), 7.35

Lindsey Johnson, 100m hurdles, 13.48

Ashley Purnell, 200m (i), 23.88

400m relay (*Undine Becker, Chauntae Bayne, Christine Moschella, Nashonne Johnson*) 45.22

1600m relay (*Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonne Johnson*), 3:34.82

1600m relay indoors (*Nashonne Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella*), 3:43.37

1600m relay indoors (*Gerren Crochet, Milton Little, T.J. Rushing, Nick Sebes*), 3:10.40

2002

1600m relay indoors (*Milton Little, Evan Kelty, Nick Sebes, Curtis Goehring*), 3:10.97

Lindsey Johnson, 60m hurdles (i), 8.42

2001

1600m relay indoors, 3:14.96

Jayna Smith, 400m, 53.27

2000

Michael Harte, 60m hurdles (i), 8.23

Leroy Sims, 60m (i), 6.40

Wilsa Charles, 60m (i), 7.71

Jayna Smith, 400m (i), 53.76

1999

Tracey Lawyer, heptathlon, 5,855 points



Peter Tegen

Head Cross Country Coach
(Men/Women)

Peter Tegen is one of the most respected coaches in the nation. In his 42 years of coaching, Tegen came to Stanford in 2005 with an impressive list of honors. Throughout his collegiate coaching career, Tegen has coached 44 individual national titles and a total of 105 athletes to 292 All-American Performances, 43 of which were during his time at Stanford. He is a 19 time Conference Coach of the year and a 5 time National Cross Country Coach of the Year.

In the summer of 2005, Tegen was drawn to Stanford and named the head men's and women's cross country and distance coach by Edrick Floreal, the Franklin P. Johnson Director of Track & Field. Only in his 3rd year on the Farm, Tegen has already coached 18 individuals to a total of 43 All-American

honors. He has been a four time Pac-10 Cross Country Coach of the Year and a three time Division 1 National Cross Country Coach of the Year. Furthermore, in 2006 the Division 1 women's coach of the year award was renamed the "Peter Tegen Division 1 National Women's Coach of the Year." Tegen has won this honor in each of the two years since. In 2005, Tegen was named the Outstanding NCAA Division I Women's Cross Country Coach of the Past 25 Years by the USA Coaches Association for his efforts at Stanford and Wisconsin.

In 2005, his first season at Stanford, Tegen coached the Cardinal women to the Pac-10, Regional, and national cross country title in an undefeated season. The team was led by team co-captain, Arianna Lambie, who won both the individual Pac-10 and Regional titles. Tegen coached the men to their sixth consecutive Pac-10 title and a sixth-place finish at the NCAA Championships.

In the 2006 Indoor track season, Tegen led the women's DMR team to a second place NCAA finish contributing to the women's Runner-up team finish at the Indoor National Championships. In the outdoor season, Tegen coached the American Record setting women's 4x1500m at the 2006 Penn Relays and 5 All-American performances at the NCAA Outdoor Championships.

In Tegen's second season as head men's and women's cross country coach, the Cardinal women won their second consecutive NCAA title, in addition to capturing the 2006 Pac-10 and West Regional Titles. The men's team turned in runner-up finishes at both the 2006 Pac-10 and West regional Championship before finishing the season on the podium with a fourth-place finish at the NCAA Cross Country Championships.

In the 2007 track season, Tegen coached Stanford to a national title in the DMR at the 2007 NCAA Indoor National Championships. It was the 3rd time in school history to win the event. During the Indoor Championships Russell Brown and Garrett Heath doubled back from the DMR finishing 2nd and 4th in the Mile while Arianna Lambie finished in the top 3 in both the 3k and 5k. Lambie's time in the 5k was a new Indoor school record. In the 2007 outdoor season, Tegen coached 3 athletes to Pac 10 titles – Russell Brown in the 1500m, Teresa McWalters in the 10k and Arianna Lambie in the 1500m. Lambie lead

a 1-2-3- sweep in the Pac-10 1500m with Lauren Centrowitz finishing 2nd and Alicia Follmar finishing 3rd. At the 2007 NCAA National Championships, Tegen coached Arianna Lambie and Russell Brown to 3rd place national finishes in the 1500m, contributing to a total of 6 All-American performances at the NCAA Championships. In the summer of 2007, Tegen traveled to Europe with Brown and Heath, where the two 1500m runners ran personal bests in the 800m and both ran under 3:40.00 in the 1500m, establishing themselves as two of the top middle distance runners in Stanford history.

In the 2007 cross country season, Tegen guided the women's squad to its third straight NCAA title, and fifth in school history, led by Arianna Lambie's ninth-place individual finish. The women swept every postseason race, including their 12th-straight Pac-10 title and ninth consecutive West Regional crown. Tegen was named the NCAA and Pac-10 Women's Coach of the Year - the third year in a row he has won both awards.

A native of the Dresden area in Germany, Tegen came to West Germany following the Second World War, received his undergraduate degree from the Deutsche Sporthochschule and University of Koln in 1965, and has graduate degrees in English and Sports Sciences from the University of Freiburg in 1973. Tegen taught English and coached gymnastics and track in Germany, Africa and Latin America before coming to the University of Wisconsin in 1973. During this time, Tegen was the head coach of the Peruvian National team in 1971 and 1972 and traveling to Munich, Germany in 1972 as an Olympic Team Coach for Peru.

In 1973, Tegen moved to the University of Wisconsin in Madison to study biomechanics. In his first year, he was asked by the university to start the women's cross country and track program. Tegen started the program and coached at the University of Wisconsin for 30 years, garnering more conference champions, national champions, and NCAA All-Americans than any other coach in the Big Ten Conference. During his tenure at Wisconsin, Tegen coached athletes to 236 Big 10 Championship titles and 43 NCAA National titles. He also coached 87 athletes to 249 All-American performances— more than any coach in the history of Wisconsin Athletics.

Tegen's cross country and track teams at Wisconsin were equally impressive. He coached 39 Big 10 Conference Championship Teams and 45 top 10 national team performances in cross country and track. He also coached the Badgers to back-to-back NCAA cross country titles in 1984 and 1985, earning two National Coach of the Year honors. Academics were just as important to Tegen with nearly 300 Academic All-Big Ten selections since 1984.

Tegen has coached athletes to Six Different Olympic Games ('72, '84, '92, '96, '00, '04). His list of elite runners include Olympians Kathy Butler (1996, 2004), Suzy Favor-Hamilton (1992, 2000) and Cindy Bremser (1984). He has also consistently coached athletes to World Championships in track and field and cross country. Tegen served as the head coach of the U.S women's cross country team that finished sixth at the 1997 World Championships. That performance was the highest U.S. team finish since 1985. Tegen has twice been selected by USA Track & Field to lead squads of middle distance runners on European Tours.





Kris Mack

Assistant Coach

Kris Mack returns to The Farm for his fifth season as the Assistant Coach for the Cardinal men's and women's multi-event athletes, pole vault, high jump and javelin throwers. Mack joined the Stanford staff in January of 2004 after working as a Physical Therapy Technician at BioMotion Physical Therapy in Thousand Oaks, CA.

"Coach Mack is one of the best young minds in the pole vault and multi-events today. The athletes he works with are rewriting the record books every year." – Edrick Floreal, Franklin P. Johnson Director of Track and Field

During the 2007 season, Mack guided Graeme Hoste to a top-ten finish in the pole vault at the NCAA Indoor Championships, earning the first All-American honors of his collegiate career. Hoste continued to improve under Mack's guidance as he garnered his second All-American honor of the season after earning a fourth-place finish in the pole vault at the NCAA Outdoor Championships. Mack also coached Josh Hustedt to a Stanford-record indoor heptathlon score of 5,837 at the NCAA Indoor Championships, earning the first All-American honor of his career. Hustedt continued to improve in the decathlon as well, scoring a collegiate career best 7,286 points at the Cal Multis (No. 5 all-time at Stanford), where he qualified to compete at the NCAA Outdoor Championships. He also set the Stanford indoor 60-meter hurdle record along the way. On the women's side, Mack coached freshman Kara Bennett to personal best performances in the high jump, Heptathlon, and Javelin. Her javelin mark ranks her in the top ten all-time at Stanford. Mack also tutored freshman pole vaulter Caitlin Hewitt to an indoor personal record.

In 2006, Mack coached Graeme Hoste to a No. 3 collegiate ranking and No. 15 USA National Ranking, with appearances at the Indoor and Outdoor NCAA Championships and the USA National Championships. Hoste's vault of 18-1 (5.51m) ranks second all-time in the Stanford record books. Under Mack's guidance, then-freshman Donell Hill qualified for the NCAA Regionals, qualified for the Pac-10 finals and finished fourth at the USATF Junior National Championships. Hill vaulted 16-7 (5.06m), taking over the No. 2 all-time freshman spot. Mack also coached decathlete Josh Hustedt to a 1,200-point increase in the decathlon and an NCAA Provisional Mark and seventh all-time at Stanford). Hustedt also contributed points at the Pac-10 Championships with a fourth-place finish in the decathlon and a seventh-place finish in the long jump. Besides the decathlon, Hustedt also qualified for the NCAA West Regional Long Jump Final with a personal-best jump of 24-8 (7.48m). During the indoor season, Mack also guided Hustedt to a new indoor school record in the Men's Heptathlon (5,359 points). On the women's side, Mack coached Anna McFarlane to a new indoor school record (13-1, 3.99m) in the women's pole vault and her second straight NCAA Regionals qualifying.



In 2005, Mack coached Hoste and Benjamin Dickens in the pole vault. Hoste vaulted 16-6 3/4 (5.05m), which qualified him for the NCAA West Regional, while Dickens vaulted 16-1 (4.90m) in five different meets. Both were impressive during their first year of collegiate competition, and were able to crack the Top 10 all-time in the Stanford record book. The Cardinal women vaulters also enjoyed productive seasons. McFarlane and Samantha Shepard both competed at the NCAA West Regional. McFarlane vaulted 12-11 3/4 (3.96m) her freshman season, good for fourth on the school's all-time list. Mack also coached decathlete Nick Taylor to a 1,000-point personal best increase in the decathlon and a fifth-place finish at the Pac-10 Championships. Taylor also set the indoor school record in the heptathlon.

In 2004, Mack coached senior Jason Goff to a 13-foot personal best increase in the javelin and a berth in the NCAA Outdoor Championships in Austin, Texas. Mack also guided Samantha Shepard and Leila Ben-Youssef to NCAA Regional appearances in the women's pole vault. He helped Sally Mills score a personal-best and indoor school record in the women's pentathlon.

Mack has enjoyed success coaching athletes from the prep to the elite levels. In 2003, Mack served as an Assistant Coach at Bloomington North High School in Bloomington, Ind. In just one year at Bloomington North, Mack led four athletes (two throwers/two vaulters) to the Indiana state track and field championship meet. Mack helped guide Bloomington North to the 2003 Sectional and Regional track and field championship titles.

As a Graduate Assistant Coach at Indiana University from 2000-02, Mack helped coach Dino Efthimiou to a fifth-place finish in the pole vault at the NCAA Indoor Championships, earning the senior Hoosier his first All-America award. At Indiana, Mack also coached then freshman Emily Tharpe to an indoor and outdoor school record in the pole vault.

During the 2000 U.S. Olympic Trials, Mack was an Assistant Coach for Sky Jumpers Vertical Sports Club and coached Paula Serrano to a tenth-place finish in the women's pole vault. While working at Sky Jumpers (1996-2000), Mack assisted with the development of many elite high school pole vaulters, including Chelsea Johnson, Shayla Balentine, Monica Pacas and Kasey Lundgren.

As a standout student-athlete at Cal Poly-San Luis Obispo, Mack had a personal best of 17-4 (5.28m) in the pole vault and was a member of the track and field team that qualified five pole vaulters at the 1998 and '99 NCAA Outdoor Championships. Mack graduated Magna Cum Laude from Cal Poly in 2000 with a B.S. in Kinesiology and Biochemistry. In 2002, Mack earned his M.S. in Biomechanics from Indiana University. At Indiana, Mack studied under Jesus Dapena, the Sports Biomechanics high jump specialist for USA Track and Field.

Mack and his wife Paula, the 1999 NCAA Champion in the women's pole vault, have one son, Travis Calahan. They reside in Mountain View, Calif.



David Vidal

Assistant Coach

Former Stanford standout David Vidal enters his second season on The Farm as Assistant Coach to the men's and women's cross country and track teams. A 2006 graduate, Vidal ranks among the best steeplechasers in Stanford history.

Since transitioning from athlete to coach, David has become an essential part of the Stanford cross country and track coaching staff. "Head Coach Peter Tegen and David are the perfect combination of experience and young excitement," said Edrick Floreal, Franklin P. Johnson Director of Track & Field. "Vidal understands what it takes to be a Stanford student-athlete and is committed to continuing the success of the program in every way necessary."

In his second year coaching, Vidal has already assisted in the development of twenty-one All-American performances and had athletes win 5 Pac-10 Championship titles. As recruiting coordinator, Vidal also helped assemble some of the best recruiting classes in Stanford history.

In the 2007 cross country season, Vidal helped the women's squad capture its third-straight NCAA Cross Country title—the fifth in program history. The Cardinal women swept every postseason race, winning their 12th consecutive Pac-10 championship, and ninth consecutive West Regional title.

During Vidal's first season as Assistant Cross Country Coach, the Cardinal women won their second consecutive NCAA title, in addition to capturing the 2006 Pac-10 and West Regional titles. The men's team turned in runner-up finishes at both the 2006 Pac-10 and West Regional Championship, finishing the season on the podium with a fourth-place finish at the NCAA Cross Country Championship.

Vidal's first track season was equally successful. At the 2007 NCAA Indoor National Championships, Stanford won the DMR national title for the 3rd time in school history. Russell Brown and Garrett Heath doubled back from the DMR, finishing 2nd and 4th in the Mile while Arianna Lambie finished in the top 3 in both the 3k and 5k. Lambie's time in the 5k was a new Indoor school record. In the 2007 outdoor season, Vidal assisted in 3 Pac 10 Championship Titles – Russell Brown in the 1500m, Teresa McWalters in the 10k and Arianna Lambie in the 1500m. Lambie lead a 1-2-3 sweep at the Pac 10 1500m with Lauren Centrowitz and Alicia Follmar finishing 2nd and 3rd. At the 2007 NCAA National Championships, Lambie and Brown both placed 3rd in the 1500m final, contributing to a total of 6 All-American performances at the NCAA Outdoor Championships. Lambie went on to finish 5th in the 5000m at the U.S.A. Outdoor Championships while

Brown and Garrett Heath both made the 1500m final. In the summer of 2007, Vidal traveled to Europe with Brown and Heath where the two ran personal bests in the 800m and both ran under 3:40.00 in the 1500m, establishing themselves as legitimate middle distance runners.

"David is the most talented young distance coach I have ever met," said Head Cross Country coach Peter Tegen. "I feel unbelievably fortunate to have him on staff. His contribution to Stanford's successful distance program is second to none. David certainly has a promising coaching career ahead of him."

Vidal came to Stanford as a student-athlete in 2001 and ran five years for the Cardinal. During his time on the farm, the Stanford men won two cross country national championships. Known as a positive leader and consistent competitor, Vidal helped Stanford to a pair of Pac-10 cross country championships, two NCAA West Regional titles and top finishes at the NCAA Cross Country Championships. He was also the 2005 cross country team Co-Captain.

In track, Vidal was the 2005 Big Meet champion in the 3,000-meter steeplechase prior to earning runner-up honors in the event at the Pac-10 Championships; his time of 8:43.07 at the Pac 10 Championship ranks him fifth all-time at Stanford. In the same season, he established himself as one of the top steeplechasers in the nation, placing ninth at the 2005 U.S. Outdoor Track & Field Championships.

A native of Kalispell, Montana, Vidal still holds the high school 1,600-meter state record. He was a three-time Pac-10 All-Academic selection in both track and field and cross country during his time on The Farm. He graduated from Stanford in 2006 with a degree in Human Biology.





Jackie Bailey

Assistant Coach

Former Stanford standout Jakki Bailey, a 2007 graduate, will remain on The Farm as an assistant coach to the men's and women's track teams.

As a senior, Bailey qualified for the NCAA Championships in the 100 meters after placing sixth and third at the NCAA West Regional and the Pac-10 Championships, respectively. She recorded career-bests of 11.45 in the 100 meters and 23.66 in the 200 meters during her final season at Stanford. She was also named to the USTFCCCA All-Academic Team. She was a 2006 team co-captain.

A native of Avondale, Pa., Bailey graduated as a three-time Pac-10 Academic All-Conference selection with a B.A. in Communications and an M.A. in Social Psychology.



Kevin McMahon

Assistant Coach

Kevin McMahon begins his first season on the Farm as the men's and women's throws coach.

McMahon is a two-time Olympian, Atlanta 1996 and Sydney 2000. He was the Pan American Games silver medalist and two-time US National Champion in 1997 and 2001. McMahon was a four-time World Championship Team Member in 1995, 1997, 1999, and 2001. He is one of the only athletes ever to medal in 10 consecutive US National Track and Field Championships.

As a coach, McMahon guided throwers at Georgetown University under acclaimed head coach, Frank Gagliano. With McMahon's guidance, his athletes won both Big East individual and team championships - and qualified for the NCAA Outdoor Track and Field Championships. Additionally, McMahon has coached and demonstrated at numerous throwing camps over the last ten years.

As a student-athlete at Georgetown, McMahon was a six-time NCAA Division I All-American, Georgetown Scholar Athlete of the Year in 1994, and Big East Scholar Athlete of the Year. McMahon also set Big East Conference Records in both the hammer throw and the 35lb weight throw. His lifetime personal best in the hammer is 260ft (79.26m).

McMahon grew up in San Jose, Ca where he attended Bellarmine College Preparatory. He started throwing at the age of fifteen under the guidance of American Record holder, Ed Burke, and World Record Holder, Mac Wilkins. At Georgetown, he was coached by Harold Connolly - the last American to win Olympic Gold and hold the World Record in the hammer throw. While at Georgetown, McMahon earned a BA in English, a BA in Fine Arts, and an MA in Liberal Studies. After college, he lived at the San Diego Olympic Training Center from 1997-1998.

McMahon's wife, Annalora, is a Campus Minister and Acting teacher at Presentation High School in San Jose.





Sarah Veress

Volunteer Assistant Coach

After graduating from Stanford in 2006, Sarah (Hopping) Veress begins her second year as a volunteer assistant throws coach.

"Sarah brings youthful energy and commitment to the program in her 2nd year on the staff. Her experience as a student athlete on the Farm provides great leadership and coaching that our runners can relate to," said The Franklin P. Johnson Director of Track and Field, Edrick Floreal.

While on the Farm, Veress was a three-time competitor in the NCAA Championships, finishing her final season as an All-American. She set the school and Pac-10 meet record in the hammer at 219-8 (66.97m) at the Pac-10 Championships in 2006.

Veress competed as a finalist at the US National Outdoor Track and Field Championships in 2006, and in 2005 helped Stanford capture the Pac-10 title with a third-place finish in the hammer.

Originally from Longmont, Colo., Veress graduated as a four-time Pac-10 Academic All-Conference selection with a major in Management Science and Engineering.



Kathy Butler

Volunteer Assistant Coach

Kathy Butler begins her first year on The Farm as a volunteer assistant coach. Butler comes to Stanford after having been a volunteer assistant at the University of Wisconsin and an administrative assistant at the UK Athletics High Performance Centre for Endurance in London, England.

As a member of the cross country and track teams at the University of Wisconsin, Butler was a five-time NCAA Champion and a 13-time All-American while being coached by current Stanford head coach Peter Tegen. In the 1995-96 season, Butler received the Honda Sports Award, given to the top women in collegiate athletics.

While in college she competed in the 5,000 meters at the 1996 Olympic games in Atlanta. In 2001, Butler finished 12th at the World Cross Country Championships (4 k race), and also placed third at the Goodwill Games in Brisbane, Australia. In 2004 she finished 11th at the World Cross Country Championships (8 k race) in Brussels, winning a bronze medal with the British team. Later that year at the Olympic Games in Athens, Butler achieved a remarkable 12th place finish in the 10,000 meters with a time of 31:41.13.

Butler is a native of Scotland, where she lived as a child, until eventually moving to Canada. She majored in Exercise Physiology and Biology at the University of Wisconsin where she was a first team Academic All-American in 1997 and a 17-time Big Ten champion.



Grace Upshaw

Volunteer Assistant Coach

Grace Upshaw joins the Stanford Track and Field Program in 2007-08 as a volunteer coach. She is a 2004 Olympian and four-time U.S. National Champion in the long jump. Grace credits much of her success and understanding of the event to Edrick Floreal, who helped develop her abilities from 2000-2004. Floreal coached Upshaw, as a post-collegiate athlete, from a No. 32 World Ranking to No. 5 in 2003, the biggest improvement of any female long jump athlete in the world that year.

Upshaw continues to compete on a World Class level and is training for the 2008 Olympic Games in Beijing. She hopes to bring her experience and understanding of the sport to Stanford's track and field athletes.

Upshaw is a 1997 graduate of UC Berkeley and has a B.A. in American Studies. She comes from a track and field background, her father, Monte Upshaw, as a prep in 1954 jumped 25- 4 ¼ , breaking Jesse Owens high school record.



Curt Goehring

Volunteer Assistant Coach

As a former Stanford athlete standout, Curt Goehring will once again join the Farm as a Volunteer Coach to the Sprints, Jumps, and Hurdles. As a 400m sprinter, Goehring boasts a PR of 47.52. He is a 2002 All-American, and part of the 4x100m relay team that holds the Stanford record as well as part of the 4x400m team with the second best time in the 4x400m relay. In addition, Goehring claims the second best freshmen 400m time in Stanford history.

Curt Goehring graduated as a three time Pac-10 All-Academic team. At Stanford, he obtained a BA in both political Science and Psychology as well as a MA in Education Policy, Organization and Leadership Studies. Goehring also holds a Math and Social Science

teaching credential. In addition to coaching at Stanford, he teaches math and is the athletic director at KIPP King Collegiate High School.



Donell Hill

Volunteer Pole Vault Coach

Donell joins the coaching staff after 2 years competing for the Cardinal. As a student-athlete, Hill ranks among the top ten all-time in the pole vault. As a freshman, Hill vaulted 5.06m (16'7), qualifying him for the NCAA west regional. He vaulted the same height at the USA Junior Nationals, earning him 4th place. He has a gymnastics background and will assist with the Men's and Women's Pole Vault.



Mary Jo Alexander

Director of Operations

Mary Jo Alexander is currently in her second season with the Stanford Track & Field/Cross Country programs.

Alexander began as the Operations Manager in 2006 and has since been promoted to Director of Operations. Her day-to-day responsibilities include but are not limited to: budget management, cross country and track and field meet director, and team travel coordinator.

As a student-athlete at the University of California, Davis, Alexander was an All-American track and field athlete in the 4x100 meter relay. She was also a standout student in the classroom. She graduated from UC Davis in 2004 with bachelor's degrees in Exercise Science and Psychology, respectively, and

recently received her Masters degree in Sport Management at the University of San Francisco.



Chris Kracht

Athletic Trainer

Chris Kracht is entering his first year as a graduate assistant athletic trainer for Stanford's cross country and track and field teams. He achieved a Bachelor's of Science in Athletic Training from Eastern Washington University in 2006, and is currently working towards his Masters Degree in Athletic Training at San Jose State University. During his time at Eastern Washington University he worked with the women's soccer team and the men's and women's track and field teams. He also had the opportunity to work the US Figure Skating Finals in Spokane, Wash. Chris' hobbies include sailing, skiing, and just being with friends. He also enjoys playing all type of sports especially basketball and soccer.



Dan Ammon

Strength and Conditioning

Dan Ammon enters his second season as the strength and conditioning coach for Cardinal Track and Field. Coach Ammon designs and implements aspects of the players' strength and speed development programs throughout the year. He graduated from the University of Missouri-Kansas City with an degree in Exercise Physiology. While at UMKC, he spent two years as a student-assistant track and field coach where he coached the throwing events and designed strength and conditioning programs for the track and field team.



Doug Consiglio

Sports Rehabilitation

Consiglio has worked in Sports Re-hab for nine years primarily at the Sports Medicine Institute in Palo Alto. He has a Degree in Biology from the University of Arkansas, and a Masters in Education from Auburn University.

As an athlete, Consiglio competed in the 1988 Olympics (1500m) and had the second fastest time in the world in the indoor mile in 1986.

Doug is currently in his fourth season working with Stanford Track and Field.



Nina Holley

Athletic Trainer

Nina is entering her first year working with the Stanford track and field program as an athletic trainer. She received a Bachelor's Degree in Human Sciences with an emphasis in Sports Medicine/Athletic Training from Florida State University in 2004. In 2006, she graduated from the Sports Medicine Graduate program at the University of Virginia. The abstract for her Master's thesis was submitted in 2007 to the National Athletic Trainers' Association (NATA) Research & Education Foundation and was an award finalist and published in the Journal of Athletic Training.

Holley has experience working with track and field as an athletic trainer from her time at Florida State as well as at Fordham University as a graduate student and at Bethune-Cookman University following her graduation.



Ricky Brackett

Media Relations

Ricky Brackett begins his first year in the media relations department at Stanford. He graduated from Santa Clara University in 2004 with a Bachelor's Degree in Political Science with a minor in Communications, while also being a member of the cross country and track teams. He is currently finishing his Master's Degree in Sports Administration and Leadership at Seattle University.



Name	Event	Year	Hometown (High School)
Deborah Akinniyi	Jumps/Hurdles	RS JR	Carrollton, TX (Creekview)
Lindsay Allen	Middle Distances	SR	Pleasant Hill, CA (College Park)
Natasha Barthel	Pole Vault	FR	Santa Cruz, CA (Saint Francis HS)
Kara Bennett	High-Jump/Multi-Events	SO	Issaquah, WA (Liberty)
Shannon Bergstedt	Distances	SR	Minnetonka, MN (Hopkins)
Lauren Centrowitz	Distances	SR	Arnold, MD (Broadneck)
Erin Delaney	Throws	SO	Paso Robles, CA (Paso Robles)
Brittini Dixon-Smith	Long Jump/Sprints	FR	Woodbridge, VA (Woodbridge Senior High)
Madeline Duhon	Distances	FR	Wassenaar, The Netherlands
Lindsay Flacks	Distances	RS JR	Calabasas, CA (Harvard-Westlake)
Tessa Flippin	High Jump	JR	Minneapolis, MN (Minnehaha Academy)
Alicia Follmar	Middle Distances	JR	Saratoga, CA (Saratoga)
Alexandra Gits	Distances	FR	Edina, MN (Edina HS)
Jaynie Goodbody	Multi-Events	RS SO	Wendell, ID (Wendell)
Katie Harrington	Distances	JR	Carmel, IN (Carmel)
Shataya Hendricks	Sprints	FR	Ft. Lauderdale, FL (St. Thomas Aquinas)
Caitlin Hewitt	Pole Vault/Long Jump	SO	Greenburg, PA (Greater Latrobe)
Arantxa King	Jumps/Hurdles	FR	Medford, MA (Medford HS)
Arianna Lambie	Distances	RS SR	Harvard, MA (The Broomfield School)
Whitney Liehr	Multi-Events/Triple Jump	FR	Palos Verdes Estates, CA (Palos Verdes HS)
Danielle Maier	Multi-Events/Throws	SR	Portland, OR (Sunset)
Stephanie Marcy	Distances	FR	Sequim, WA (Sequim HS)
Griffin Matthew	Long Jump	SO	Niwot, CO (Niwot)
Mary Liz McCurdy	Middle Distances	RS SO	Brightwaters, NY (Bay Shore)
Anna McFarlane	Pole Vault	RS JR	Weston, MA (Concord Carlisle)
Erica McLain	Jumps	SR	Plano, TX (Plano East)
Teresa McWalters	Distances	RS SR	San Francisco, CA (Home Schooled)
Ashley Menzies	Sprints	FR	Los Angeles, CA (Beverly Hills HS)
Nora Miller	Hurdles/Long Jump	SO	Middletown, CT (Middletown)
Liz Minoofar	Javelin	FR	Leawood, KS (Blue Valley HS)
Laura Mottaz	Middle Distances	JR	Plymouth, MN (Maple Grove)
Sabrina Nettey	Sprints/Long Jump	FR	Surrey, BC, Canada (Johnston Heights Secondary)
Kate Niehaus	Distances	SO	Columbia, SC (Spring Valley)
Madeleine O'Meara	Distances	RS SO	Mercer Island, WA (Mercer Island)
Idara Otu	Sprints/Hurdles	JR	Brooklyn, NY (Middle College)
Kaylin Pennington	Middle Distances	JR	Benicia, CA (Benicia)
Anna Schuessler	Distances	FR	Chicago, IL (Loyola Academy)
Lexie Spiranac	Multi-Events/High Jump	FR	Monument, CO (Lewis-Palmer HS)
Anne St. Geme	Distances	RS FR	Newport Beach, CA (Corona Del Mar)
Lauren Stewart	Multi-Events/Jumps	JR	Brentwood, TN (Brentwood)
Claire Cormier Thielke	Middle Distances	RS JR	Houston, TX (Lamar)
Alana Walker	Sprints	RS SO	Dix Hills, NY (Half Hollow Hills)
Kelsey Walker	Distances	RS FR	Bellevue, WA (Bellevue)
Michaela Wallerstedt	Throws	JR	Omaha, NE (Burke)
Melissa Yunghans	Throws	SR	Orange, CA (Orange Lutheran)

Lauren Centrowitz

Senior • Distances • Arnold, MD

**** American Record Holder ****

**** Three-Time All-American ****



Collegiate Career Bests

Mile: 4:46.00i

800 Meters: 2:10.36

1,500 Meters: 4:18.51

Stanford: A two-time All-American and member of the American record-holding 4x1500 meter relay team from the 2006 Penn Relays ... Helped the Cardinal women's cross country team capture the 2005, 2006, and 2007 NCAA titles ... Will provide leadership and energy to a talented women's distance squad.

2007 Track & Field Season (Junior): Earned All-America honors with a ninth-place finish in the 1500 meters at the NCAA Championships...Placed third in the 1500 meters at the NCAA West Regional to qualify for the NCAA Championships... Took second at the Pac-10 Championships in the 1500 meters with a time of 4:19.76... Indoors, redshirted.

2006 Track & Field Season (Sophomore): A member of the 4x1500 meter relay team that broke the American record, shattered the school record and ran the second-fastest time in collegiate history ... Ran a then season-best 4:22.89 to finish second in the 1,500 meters at the Mt. SAC Relays ... Also logged a season-best 2:12.63 in the 800 meters at the Stanford Invitational ... Indoors, runner-up in the mile at the MPSF Championships with a season-best time of 4:46.00.

2005 Track & Field Season (Freshman): Competed in the finals of the 1,500 meters at the 2005 U.S. Junior Outdoor Championship ... Indoors, finished fourth in the mile at the MPSF Championships ... Ran a season-best 4:46.42 in the mile at the New York Armory Invitational.

High School: A 2004 graduate of Broadneck High School ... Finished third in the mile at the Nike Indoor Championships during her senior season ... 2004 Penn Relays runner-up in the mile ... Gained All-American honors in the 1,500 meters at the 2003 U.S. Junior National Championships ... Won eight state high school titles in the 800 meters, mile and two-mile ... Two-time Maryland cross country and individual champion.

Cardinal Catalogue: Political Science major ... Parents are Matt and Beverly Centrowitz ... Father was the American record-holder in the 5,000 meters and now coaches at American University ... Selected as a 2007 Pac-10 All-Academic Honorable Mention ... Named to the 2005 Pac-10 All-American team.



Lindsay Flacks

Senior/Junior (ath) • Distances • Calabasas, CA

**** All-American ****



Collegiate Career Bests

1500 Meters 4:45.21

5000 Meters 16:48.08

10,000 meters 35:30.82

Stanford: A cross country All-American with international experience ... A long distance specialist who has excelled in the 10,000 meters ... Helped lead the Cardinal to national titles at the 2005, 2006, and 2007 NCAA Cross Country Championships ... Will significantly contribute to Stanford's success in 2008.

2007 Track & Field Season: Did not compete.

2006 Track & Field Season: Redshirted.

2005 Track & Field Season (Freshman):

Finished ninth in the 5,000 meters at the NCAA West Region Championships ... Ran a season-best 35:30.82 to finish third in the 10,000 meters at the Pac-10 Championships ... Also recorded a season-best 16:48.08 in the 5,000 meters at the Payton Jordan Cardinal Invitational.

International Competition: Finished fourth at the 2005 World Junior Cross Country Championships in France.

High School: 2003 Foot Locker National Championship finalist ... Runner-up at the 2003 Foot Locker West Regional Championship ... Two-time CIF cross country individual champion ... 2004 California high school champion in the 3,200 meters ... The *Los Angeles Times* Cross Country Athlete of the Year and three-time *Los Angeles Daily News* Athlete of the Year.

Cardinal Catalogue: Undeclared major ... Parents are Dawn and Scott Flacks ... 2006 Pac-10 All-American Honorable Mention selection in track & field ... Named to the 2005 and 2006 Pac-10 All-Academic Cross Country Teams.



Katie Harrington

Senior • Distances • Carmel, IN

****All-American****



Collegiate Career Bests

3,000-Meter Steeplechase: 10:28.28

3,000 Meters: 9:45.24i

5,000 Meters: 16:38.33

5,000 Meters: 16:42.64i

Stanford: A member of the three-time (2005-07) national champion cross country team ... Earned her first All-American honor after finishing 40th at the 2007 NCAA Cross Country Championships ... A long-distance specialist who will provide valuable postseason experience in 2008.

2007 Track & Field Season (Junior): Finished tenth with a career-best 10:28.28 in the 3000-meter steeplechase at the NCAA West Regional ... Took fifth in the 5,000 meters at the Pac-10 Championships ... Took sixth place in the 3,000-meter steeplechase at the Pac-10 Championships ... Ran a season-best 16:41.24 in the 5,000 meters at the Stanford Invitational.

2006 Track & Field Season (Sophomore): Ran a season-best 16:38.33 in the 5,000 meters at the Stanford Invitational ... Indoors, posted a season-best 16:42.64 in the 5,000 meters to finish fourth at the MPSF Championship ... Also recorded a time of 9:45.24 in the 3,000 meters at the Washington Invitational.

2005 Track & Field Season (Freshman): Ran a personal best of 37:02.58 in the 10,000 meters to finish fifth at the Pac-10 Championships ... Posted a season-best mark in the 5,000 meters (16:45.12) at the Stanford Invitational ... Ran a personal best of 4:37.00 in the 1,500 meters at the Payton Jordan Cardinal Invitational.

High School: A 2004 graduate of Carmel High School ... The Indiana state high school champion in the 1,600 and 3,200 meters as a junior ... The Indiana state high school record holder in the 1,600 meters ... Finished second in the two-mile at the 2003 Adidas Outdoor Championships ... Runner-up in the mile and two-mile at the 2003 Nike Indoor Championships ... Finished fourth at the Footlocker National Championships as a senior in 2003 ... The Indiana state cross country individual champion during her junior season.

Cardinal Catalogue: American Studies major and Creative Writing minor ... Parents are Dave and Polly Harrington ... Named to the 2007 USTFCCA All-Academic Track and Field Team ... Selected to the 2005 and 2007 Pacific-10 All-Academic Team.



Arianna Lambie

RS Senior • Distances • Harvard, MA

**** American Record Holder ****

**** Twelve-Time All-American ****



Collegiate Career Bests

800 Meters: 2:08.06

1,500 Meters: 4:12.29

Mile: 4:38.01i

3,000 Meters: 9:00.60i

5,000 Meters: 15:31.34

5,000 Meters: 15:37.97i

Stanford: One of the most talented distance runners in program history ... A twelve-time All-American ... A member of the American record-holding 4x1500 meter relay team at the 2006 Penn Relays, as well as the school record-holding distance medley relay team ... Has led the Cardinal to NCAA cross country titles in all four seasons at Stanford ... A highly accomplished and experienced competitor who will continue to lead the Cardinal into the 2008 championship season.

2007 Track & Field Season (Senior): Ran a collegiate career-best 4:12.29 in the 1,500 meters at the 2007 NCAA Outdoor Championships, placing third and earning All-American honors ... Captured the 1,500-meter title at the NCAA West Regional ... Became the first woman to ever capture the 1,500- and 5,000-meter titles at the Pac-10 Championships ... Ran a collegiate career-best 15:31.34 in the 5,000 meters at the Payton Jordan Cardinal Invitational ... Indoors, earned two All-American honors during the 2007 NCAA Indoor Championships, finishing second in the 5,000 meters, and third in the 3,000 meters ... Captured the 5000 meter title at the MPSF Indoor Championships ... Ran collegiate career best indoor times in the mile (4:38.9), 3000 meters (9:00.6), and 5000 meters (15:37.97 - the Stanford indoor school

record) ... Named the NCAA Division I West District Track Athlete of the Year and also the University Division Academic All-American of the Year.

2006 Track & Field Season (Junior): Ran a season-best 4:15.65 to capture the 1,500 meters at the Pac-10 Championships ... An American record-holder as a member of the championship 4x1,500-meter relay team at the Penn Relays ... Ended the outdoor season early due to injury ... Indoors, earned three All-American honors at the NCAA Championships, including a fourth-place finish in the mile, third-place finish in the 3,000 meters and second-place finish as a member of the distance medley relay ... Captured the mile and 3,000 meters at the MPSF Championships, also leading the distance medley relay to victory.

2005 Track & Field Season (Sophomore): Earned All-American honors with a third-place finish in the 1,500 meters at the NCAA Outdoor Championships, logging a season-best 4:13.64 ... Finished fourth in the 1,500 meters at the NCAA West Regional, as well as the Pac-10 Championships ... 2005 Big Meet champion in the 1,500 meters ... A finalist in the 1,500 meters at the 2005 U.S. Outdoor Championships ... Indoors, finished ninth in the mile at the 2005 NCAA Indoor Championships ... Captured the indoor mile title at the 2005 MPSF Championships, recording a meet record and third-best time in school history in 4:39.01.

2004 Track & Field Season (Freshman): The No. 1 ranked freshman in the nation for 1,500 meters ... NCAA West Region runner-up in the 1,500 meters in a freshman school record time of 4:13.14 ... Also runner-up in the 1,500 meters at the Pac-10 Championships ... Anchored the 4x1500 meter relay in 4:11 to win the Penn Relays ... Redshirted the indoor season.

High School: A 2003 graduate of The Bromfield School ... 2003 U.S. Junior National champion in the 1,500 meters with a time of 4:20.20 ... Recorded the third-fastest national high school time in the mile at 4:37.23 ... Captured eight state championships in cross country, indoor track and outdoor track ... Set a national indoor high school record in the 1,000 meters with a time of 2:45.46 ... Ran the nation's fastest times in the mile and two-mile as a senior ... Set a meet record of 4:39.00 in the mile at the adidas Outdoor Track & Field Championships ... 2003 Footlocker Northeast Regional Cross Country champion ... Helped her squad to the state cross country title during both her junior and senior campaigns ... A Wendy's High School Heisman national finalist.

Cardinal Catalogue: Earth Systems major ... Parents are Fred and Trudy Lambie ... 2006 and 2007 USTFCCCA All-Academic Track and Field Team member ... 2005-07 Pac-10 All-Academic track and field selection ... Also named to the 2005-07 Pac-10 All-Academic teams for cross country.



Erica McLain

Senior • Jumps • Plano, TX

****National Champion****

****American Junior Record-Holder****

**** Ten-Time All-American ****



Collegiate Career Bests

Long Jump: 21-5 ¼ (6.53m)
Triple Jump: 46-5 ¼ (14.15m)

Long Jump: 21-3 ½i (6.49m)
Triple Jump: 45-7 ¾i (13.91m)

Record Book: Set a Stanford record in the indoor triple jump with a 45-7 ¾ (13.91m) and the outdoor triple jump with a 46-5 ¼ (14.15m) ... US Junior Triple Jump record 45-11 ¾ (14.01m)

Stanford: One of the greatest jumpers in Stanford history ... A ten-time All-American in her first three seasons on The Farm ... Holds the American junior record in the triple jump and the only woman to ever win both the long jump and triple jump at the Pac-10 in back-to-back seasons ... A fiery competitor who will continue to lead Stanford into the championship season in her senior year.

2007 Track & Field (Junior): Earned All-America honors at the NCAA Championships, placing third in the long jump and second in the triple jump ... Captured triple jump title and placed second in the long jump at NCAA West Regionals to qualify for the NCAA Championships ... Won the triple jump title at the Pac-10 Championships with an American collegiate record of 46-5 ¼ (14.15m) ... Also placed second in the long jump at the conference meet ... Indoors, captured the triple jump national title at the NCAA Indoor Championships with a personal-best 45-7 ¾ (13.91m) ... Captured the triple jump and placed second in the long jump at the MPSF Indoor Championships.

2006 Track & Field Season (Sophomore): Earned two All-American honors with a second-place finish in the triple jump and third-place finish in the long jump at the NCAA Outdoor Championships ... Captured the NCAA West Regional title in the triple jump, setting a meet record of 44-8 (13.61m), and finished second in the long jump ... Double-champion in the long jump and triple jump at the Pac-10 Championships for the second-straight season ... Indoors, earned two All-American honors with a sixth-place finish in the long jump and seventh-place finish in the triple jump ... Captured the MPSF Championship titles in the triple jump and long jump.

2005 Track & Field Season (Freshman): Ranked No. 1 in the United States and No. 42 in the world in the triple jump ... 2005 U.S. Outdoor champion in the triple jump with an American junior record of 45-11 ¾ (14.01m) ... Earned All-American honors with a third-place finish in the triple jump at the NCAA Outdoor Championships ... Finished second in the triple jump at the NCAA West Regional ... Became the first athlete to claim both the triple jump and long jump titles at the Pac-10 Championships ... Named the Pac-10 Newcomer of the Year ... Big Meet champion in the long jump and triple jump ... Indoors, finished second in the triple jump at the NCAA Championships to earn All-American honors ... Set the MPSF Championship meet record with a jump of 45-7 ¼ (13.90m) in the triple jump ... Named the West Regional Indoor Athlete of the Year ... Named the Pac-10 Newcomer of the Year.

International Competition: Competed for the United States at the 2005 World Championships in Helsinki, Finland, the 2004 World Junior Championships in Grosseto, Italy, and the 2002 World Junior Championships in Kingston, Jamaica.

High School: A 2004 graduate of Plano East Senior High School ... Three-time Texas state champion in the triple jump ... The 2002 and 2004 U.S. Junior National runner-up in the triple jump and the 2002 U.S. Junior National champion in the long jump ... The 2003 and 2004 Nike Indoor national champion in the triple jump ... Captured the triple jump and long jump titles at the 2002 Golden West Invitational ... Had the second-furthest triple jump performance in the nation in 2004 with a jump of 44-1 ¼ (13.44m), the third furthest jump in U.S. history ... Finished first in the triple jump at the 2004 Texas Relays, 2004 Arcadia Invitational and the 2004 adidas Outdoor National Championships.

Cardinal Catalogue: Communications major/Studio Art minor with an emphasis on Photo Journalism ... Parents are Kevin and Terrie McLain ... Father, Kevin, was a member of the football team at Western Michigan University ... 2006 and 2007 Pac-10 Academic Honorable Mention.



Teresa McWalters

RS Senior • Distances • San Francisco, CA

**** Five-Time All-American ****



Collegiate Career Bests

1,500 Meters: 4:27.25

3,000 Meters: 9:09.19i

5,000 Meters: 15:53.89

5,000 Meters: 16:33.03i

Stanford: A competitive leader for both the cross country and track & field squads, she has garnered five All-American honors ... Has helped lead the Cardinal distance squad to three straight (2005-07) NCAA Cross Country Championships ... Will continue to inspire the distance squad with a tenacious attitude during the 2008 season.

2007 Track & Field Season (Junior): Earned All-American honors after running a career-best 15:53.89 in the 5000 meters at the NCAA Championships for a sixth place finish ... Captured the 5000 meter title at the NCAA West Regional to qualify for the

NCAA Championships ... Captured the 10,000-meter title at the Pac-10 Championships with a career-best 35:10.62 ... Indoors, took second in the 3,000 meters at the MPSF Indoor Championships.

2006 Track & Field Season (Sophomore): Ran a season-best 16:27.78 in the 5,000 meters at the Big Meet, also recording a season-best 4:30.51 in the 1,500 meters ... Indoors, finished fifth in the 5,000 meters at the NCAA Championships to earn All-American honors ... Logged a season-best 9:09.19 in the 3,000 meters at the Washington Invitational.

2005 Track & Field Season (Freshman): Earned All-American honors with a third-place finish in the 5,000 meters at the NCAA Outdoor Championships ... Finished second in the 5,000 meters at the NCAA West Regional ... Ran a season-best 16:33.41 in the 5,000 meters at the Stanford Invitational ... Did not compete indoors.

2004 Track & Field Season: Redshirted the outdoor season ... Indoors, ran NCAA provisional qualifying times of 16:33.03 in the 5,000 meters and 9:33.08 in the 3,000 meters.

High School: A talented student-athlete who was home-schooled for 12 years ... Attended classes at San Francisco State, University of San Francisco and City College of San Francisco, as well as independent study ... Trained with the Impalas running group.

Cardinal Catalogue: Art History major ... Parents are Mike and Jeanne McWalters ... Named to the 2006 and 2007 USTFCCCA All-Academic Track and Field Team ... 2005 Pac-10 All-Academic track and field selection, as well as a 2006 and 2007 Pac-10 All-Academic Honorable Mention choice in track and field ... Earned Pac-10 All-Academic honors during the 2004, 2005 and 2006 cross country seasons.





Deborah Akinniye

Senior/Junior (ath) • Jumps/Hurdles • Carrollton, TX

Collegiate Career Bests

Triple Jump: 41-7 $\frac{3}{4}$ (12.69m) Triple Jump: 40-11 $\frac{1}{2}$ i (12.48m)
 100 Meter Hurdles: 14.30
 Long Jump: 18-3i (5.56m) Long Jump: 18-3 $\frac{3}{4}$ (5.58m)

2007 Track & Field Season: Redshirted.

2006 Track & Field Season (Sophomore): Recorded a season-best 41-7 $\frac{3}{4}$ (12.69m) in the triple jump at the Pacific-10 Championship ... Leaped a season-best 18-3 $\frac{3}{4}$ (5.58m) in the long jump at the Payton Jordan Cardinal Invitational ...

Indoors, posted a season-best long jump of 18-3 (5.56m) at the MPSF Championship ... Recorded a season-best of 40-11 $\frac{1}{2}$ (12.48m) in the triple jump at the MPSF Championship.

2005 Track & Field Season (Freshman): Advanced to the NCAA Outdoor Championship in the triple jump ... Posted a season-best time (14.30) in the 100 meter hurdles at the Big Meet ... Also posted a season-best performance at the Pac-10 Championship in the triple jump with a jump of 41-4 $\frac{1}{4}$ (12.60) ... Placed fourth at the Pac-10 Championship in the triple jump at 41-4 $\frac{1}{4}$ feet (12.60m).

High School: A 2004 graduate of Creekview High School in Carrollton, TX ... Finished sixth in the 100 meter hurdles at the 2004 Texas State Championships ... Also placed sixth in the triple jump at the 2002 state championships.

Cardinal Catalogue: Biological Science major and a Masters candidate ... Parents are Akingbade and Gloria Akinniye ... Brother Akin plays football at the University of Arizona and brother David plays football at Northeastern University.



Deborah Akinniye



Lindsay Allen

Senior • Middle Distances • Pleasant Hill, CA

Collegiate Career Bests

800 Meters: 2:15.07i 3,000 Meter Steeplechase: 10:01.53
 1,500 Meters: 4:27.63 Mile: 4:51.37i
 3,000 Meters: 9:35.03i 5,000 Meters: 16:38.23i
 5,000 Meters: 16:39.10

Record Book: Set a Stanford record with a 10:01.53 in the 3,000 meter steeplechase at the 2007 NCAA Championship prelims.

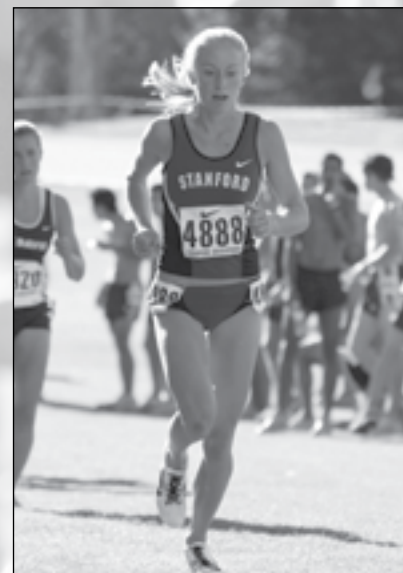
2007 Track & Field Season (Junior): Ran a 10:01.53 in the 3,000 meter steeplechase at the NCAA Championship prelims to set a new Stanford record ... Finished fifth in the 3,000-meter steeplechase at the NCAA West Regional, qualifying for the NCAA Championships ... Placed second in the 3,000-meter steeplechase at the Pac-10 Championships ... Redshirted the indoor season.

2006 Track & Field Season (Sophomore): Posted a season-best 10:33.62 to finish third in the 3,000 meter steeplechase at the Pac-10 Championship ... Ran a season-best 4:27.63 in the 1,500 meters at the Payton Jordan Cardinal Invitational ... Recorded a season-best 16:39.10 in the 5,000 meters at the Stanford Invitational ... Indoors, ran a season-best 9:35.03 to finish seventh in the 3,000 meters at the MPSF, also finishing third in the 5,000 meters in a time of 16:38.23.

2005 Track & Field Season (Freshman): Finished fifth in the 3,000 meter steeplechase at the Pac-10 Championships, logging a time of a 10:31.99 ... Posted a season-best time of 4:27.74 in the 1,500 meters at the Stanford Spring Opener ... Also recorded a season-best 10:26.71 in the 3,000 meter steeplechase at the Stanford Invitational.

High School: A 2004 graduate of College Park High School ... The U.S. Junior National champion in the 3,000 meter steeplechase ... Finished third in the steeplechase at the Junior Pan-Am Games ... Finished third in the steeplechase at the 2004 U.S. Junior National Championships ... The California high school record-holder in the 800 meters, 1,600 meters and 3,200 meters ... A two-time Footlocker West Regional cross country finalist.

Cardinal Catalogue: Human Biology major ... Named to the 2007 USTFCCCA All-Academic Track and Field Team ... Also selected to the 2005 and 2007 Pacific-10 All-Academic Team ... Parents are Dawn Block and Spencer Allen.



Lindsay Allen



Kara Bennett

Sophomore • High Jump/Multi Events • Issaquah, WA

Collegiate Career Best

High Jump: 5-7 $\frac{3}{4}$ (1.72m)

Javelin Throw: 137-10 (42.02m)

High Jump: 5-4 $\frac{1}{2}$ (1.64m)i

Heptathlon: 4,416 points

Shot Put: 33-5 $\frac{1}{4}$ (10.19m)

2007 Track & Field Season (Freshman): Finished 12th in the Heptathlon with a career best 4,416 points at the Pac-10 Championships ... Leaped 5-7 (1.70m) to finish 12th in the high jump at the Pac-10 Championships ... Posted a career-best 137-10 (42.02m) in the javelin at the Payton Jordan Cardinal Invitationa ... Indoors, placed tenth in the high jump at the MPSF Indoor Championships.

High School: A 2006 graduate of Liberty High School in Renton, WA ... Captured the 2005 Washington state high school triple jump championship ... Also claimed the high jump title at the 2004 Washington State Championships ... Currently holds the high jump record for the Oregon-Washington Meet of Champions (5-7).

Cardinal Catalogue: Undeclared major ... Parents are Walter and Audra Bennett ... Father, Walter, was a quarterback for Washington State University from 1972-1977.



Shannon Bergstedt

RS Senior • Distances • Minnetonka, MN

Collegiate Career Bests

3,000 Meters: 10:33.16

5,000 Meters: 17:51.46

2007 Track & Field Season (Junior): Competed in the 3000 meters at the Big Meet ... Redshirted the indoor season.

2006 Track & Field Season (Sophomore): Competed in the 5000 meters at the Stanford Invitational ... Did not compete during the indoor season.

2005 Track & Field Season (Freshman): Redshirted.

High School: A 2004 graduate of Hopkins High School ... Class Valedictorian ... 12-time Minnesota state champion in track, cross country, and nordic skiing ... Minnesota state high school record holder in the 1600 and 3200 meters ... Six-time high school All-American ... National runner-up in the two mile as a senior ... Named the 2004 *Star Tribune* Minnesota Scholar-Athlete of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Tim and Michelle Bergstedt ... Named to the 2005 Pacific-10 All-Academic Team.



Shannon Bergstedt



Erin DeLaney

Sophomore • Throws • Paso Robles, CA

Collegiate Career Best

Shot Put: 46-10 (14.27m)

Shot Put: 43-6 $\frac{1}{2}$ (13.27m)i

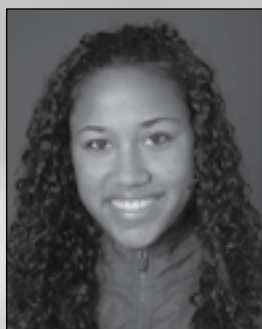
Discus Throw: 132-08 (40.45m)

2007 Track & Field Season (Freshman): Threw a career-best 46-10 (14.27m) in the shot put at the Cal Collegiate Challenge ... Threw the discus a career-best 132-08 (40.45m) at the Payton Jordan Cardinal Invitational ... Indoors, recorded an indoor career-best 43-6 $\frac{1}{2}$ (13.27m) in the shot put at the Hampton Inn Classic.

High School: A 2006 graduate of Paso Robles High School in Paso Robles, CA ... California state champion in the shot put in 2006, also finishing eighth in the discus ... 2006 CIF champion in the shot put and discus ... Also captured the 2006 Masters title in the shot put, finishing fourth in the discus ... League and County champion in the shot put in 2005 and 2006 ... Named the

2006 PRHS Athlete and Student-Athlete of the Year ... Recorded a personal-best 146-8 (44.71m) in the discus at the CIF Finals ... Also recorded a personal best in the shot put of 47-2 $\frac{3}{4}$ (14.40m).

Cardinal Catalogue: Human Biology major ... Parents are Dan and Sue DeLaney.



Tessa Flippin

Junior • High Jump • Minneapolis, MN

Collegiate Career Bests

High Jump: 5-5 ¼i (1.66m)

High Jump: 5-7 (1.70m)

2007 Track & Field Season (Sophomore): Jumped a career-best 5-7 (1.70m) in the high jump at the Payton Jordan Cardinal Invitational.

2006 Track & Field Season (Freshman): Recorded a season-best high jump of 5-5 (1.65m) at the Payton Jordan Cardinal Invitational ... Indoors, jumped a season-best 5-5 ¼ (1.66m) in the high jump at the MPSF Championship.

High School: A 2005 graduate of Minnehaha Academy ... The Minnesota state high jump champion in 2004 ... Competed in the high jump with a personal best of 5-9 (1.76m) ... An all-state athlete in basketball, soccer and track.

Cardinal Catalogue: Management Science major ... Parents are Tollie Flippin and Karen Johnson.



Tessa Flippin



Alicia Follmar

Junior • Middle Distances • Saratoga, CA

Collegiate Career Bests

800 Meters: 2:12.22i

800 Meters: 2:07.69

1,500 Meters: 4:17.90

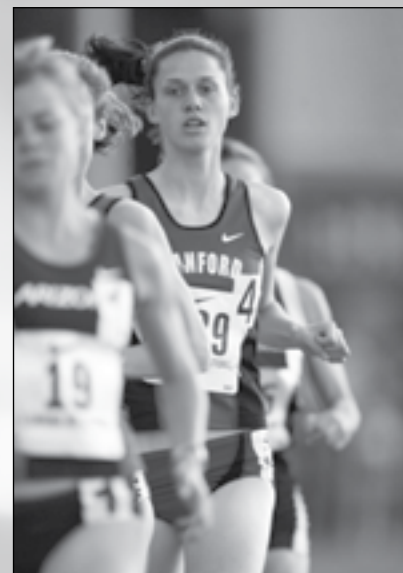
Mile: 4:45.90i

2007 Track & Field Season (Sophomore): Posted an 11th place finish in the 1500 meters at the NCAA Championships, after recording a career best time of 4:17.90 in the prelims ... Finished 12th in the 1,500 meters at the NCAA West Regional, qualifying for the NCAA Championships ... Placed third in the 1,500 meters at the Pac-10 Championships ... Indoors, finished third in the mile at the MPSF Indoor Championships ... Ran an indoor personal-best 4:46.00 mile at the UW Invitational.

2006 Track & Field Season (Freshman): Finished seventh in the 800 meters at the Pac-10 Championships, also competed at the NCAA West Regional ... Ran a season-best 2:07.69 in the 800 meters at the Mt. SAC Relays ... Posted a season-best 4:24.49 in the 1,500 meters at the Stanford Invitational ... Indoors, recorded a season-best 2:12.22 in the 800 meters at the Washington Invitational ... Ran a season-best 4:46.92 in the mile to finish third at the MPSF Championship.

High School: A 2005 graduate of Saratoga High School ... A two-time California state champion in the 1600 meters ... A four-time Central Coast Section (CCS) champion, winning the 1,600 and 800 meters during her senior year ... Won ten DeAnza League titles in track and field in the 800, 1600, 3200 and 4x400 meters ... The California state champion in cross country ... The Central Coast Section (CCS) cross country champion ... The Stanford Invitational cross country champion ... A three-time DeAnza League cross country champion.

Cardinal Catalogue: Human Biology major ... Named to the 2007 USTFCCCA All-Academic Track and Field Team ... Selected as a 2007 Pac-10 All-Academic Honorable Mention ... Parents are Ken and Debbie Follmar.



Alicia Follmar



Jaynie Goodbody

Junior/Sophomore (ath) • Throws • Wendell, ID

Collegiate Career Bests

Hammer: 180-1 (54.88m)

Javelin: 140-0 (42.67m)

Weight: 37-10 (11.53m)i

2007 Track & Field Season (Freshman): Threw the hammer a season-best 180-1 (54.88m) at the Payton Jordan Cardinal Invitational ... Posted a season-best javelin throw of 140-0 (42.67m) at the Big Meet ... Took 13th in the hammer throw and 14th in the javelin at the Pac-10 Championships ... Indoors, posted an indoor season-best 37-10 (11.53m) weight throw at the Hampton Inn Classic.

2006 Track & Field Season: Did not compete.

High School: A 2005 graduate of Wendell High School ... A 2005 Junior Olympics All-American in the heptathlon ... In 2004 and 2005, finished third in the heptathlon at the Junior Olympic National Championship ... Placed second in the pentathlon at the National Scholastic Indoor Championships ... The 2A Idaho state high school champion in the 100 meters (four times), 200 meters (three times), and high jump (two times) ... Holds five individual and two relay school records.

Cardinal Catalogue: Psychology major ... Selected as a 2007 NCAA Academic All-American ... 2007 Pac-10 All-Academic Honorable Mention ... Parents are Steve and Jennifer Goodbody ... Father, Steve, was a four-year starter in football at the University of San Diego ... Brother, Sean, graduated from the University of Pennsylvania.



Caitlin Hewitt

Sophomore • Pole Vault • Greensburg, PA

Collegiate Career Best

Pole Vault: 12-1 ½ (3.70m)

Pole Vault: 12-6 (3.81m)i

Long Jump: 17-5 ¼ (5.31m)i

2007 Track & Field Season: Vaulted a career-best 12-1 ½ (3.70m) at the Triton Invite ... Indoors, recorded an indoor career-best vault of 12-6 (3.81m) at the UW Invitational ... Long-jumped an indoor career-best 17-5 ¼ (5.31m) at the Hampton Inn Classic.

High School: A 2006 graduate of Greater Latrobe High School in Latrobe, PA ... Captured the 2005 Pennsylvania State pole vault championship ... Also claimed the 2005 Western Pennsylvania Interscholastic Athletic League (WPIAL) pole vault and long jump titles ... A four-year cross country competitor, helped her squad to the 2005 state team championship ... Named All-State by the Pennsylvania Track & Field Coaches Association (PTFCA) and Pennsylvania Interscholastic Athletic Association (PIAA) in 2005

... Also a 2005 NSSF All-American.

Cardinal Catalogue: Civil and Environmental Engineering major ... Parents are Timothy and Loreen Hewitt.



Dani Maier

Senior • Javelin • Portland, OR

Collegiate Career Bests

Javelin 165-1 (50.32m)

Record Book: Set a Stanford record in the javelin in 2006 with a throw of 165-1 (50.31m).

2007 Track & Field Season (Junior): Earned a second place finish in the javelin at the Pac-10 Championships with a season best mark of 160-11 (49.06m).

2006 Track & Field Season (Sophomore): Advanced to the NCAA Outdoor Championships in the javelin after finishing fifth at the NCAA West Regional

Invitational. ... Finished third at the Pac-10 Championships ... Set a school record of 165-1 (50.31m) at the Stanford Invitational.

2005 Track & Field Season (Freshman): Posted the second-best mark for the Payton Jordan Cardinal in the javelin ... Established a freshman record of 150-2 (45.78m) at the Pac-10 Championships to finish fifth.

High School: A 2003 graduate of Sunset High School in Portland, OR.

Cardinal Catalogue: Human Biology major ... Named to the 2007 USTFCCCA All-Academic Track and Field Team ... Selected to the 2007 Pacific-10 All-Academic Team ... Parents are Tom and Deb Maier.



Dani Maier



Sarah Griffin Matthew

Sophomore • Jumps/Sprints • Niwot, CO

Collegiate Career Best

60 Meters: 7.53i

Long Jump: 20-6 ½ (6.26m)i

100 Meter Dash: 11.74

200 Meter Dash: 24.79

4x100 Medley Relay: 44.78

Long Jump: 19-9 ½ (6.03m)

2007 Track & Field Season (Freshman): Placed 11th in the long jump with a jump of 18-5 ¼ (5.62m) at the Pac-10 Championships ... Finished 11th in the 100-meter dash at the Pac-10 Championships ... Indoors, took 15th in the long jump at the NCAA Indoor Championships ... Captured the long jump title at the MPSF Indoor Championships with an indoor career-best jump of 20-6 ½ (6.26m) ... Ran a career-best 7.53 in the 60-meter dash to place sixth at the MPSF Indoor Championships.

High School: A 2006 graduate of Niwot High School in Niwot, CO ... Two-time All-American ... 2005 Nike Indoor National Champion in the 60 meters and long jump ... Posted the seventh-best mark all-time for the high school women's long jump with 21-2 (6.45 m) ... A member of 2006 US Junior World Track and Field Team ... In 2003, helped set the state record in the 4x100 and was the state runner-up in the long jump, 100 meters and 200 meters ... In 2004, set the state record in the long jump and was the runner-up in the 100 meters and 200 meters ... In 2005, set the state record in the long jump and captured the state championship in the 100 meters, 200 meters and 4x100 meter relay ... In 2006, captured the state championship in the 100 meters and 200 meters and was the state runner-up in the long jump ... Holds Colorado state records in the long jump and 4x100 meter relay.

Cardinal Catalogue: American Studies major and Spanish minor ... Parents are Thomas and Dayna Matthew ... Considering a career as a lawyer, diplomat, journalist or politician.



Mary Liz McCurdy

Junior • Middle Distances • Brightwaters, NY

Collegiate Career Bests

800 Meters: 2:12.98 1,500 Meters: 4:36.07
Mile: 4:51.84i

2007 Track & Field Season (Sophomore): Redshirted the outdoor season ... Indoors, ran a career-best 4:51.84 mile to place fifth at the MPSF Indoor Championships.

2006 Track & Field Season (Freshman): Ran a season-best 2:12.98 in the 800 meters at the Payton Jordan Cardinal Invitational ... Posted a season-best 4:36.07 in the 1,500 meters at the Stanford Invitational.

High School: A 2005 graduate of Bay Shore High School ... A member of the national record-holding and national championship distance medley relay team in 2004 ... Also competed on the three-time national championship 4x800 meter relay team (2003, 2004, 2005) ... A 12-time All-American as a member of the 4x800 meter, 4x1600 meter, and distance medley relay ... A six-time New York state champion in the 1,000 meters, 1,500 meters and 4x800 meter relay ... Holds the Suffolk County mile and 1,000 meter records ... Also the Long Island record-holder as a member of the 4x800 meter, 4x1600 meter and distance medley relay teams ... Voted Long Island Track MVP in 2005 ... Also voted Suffolk County MVP three times (2003, 2004, 2005).

Cardinal Catalogue: Psychology major ... Parents are Beth and Brian McCurdy ... Older brother, Patrick, is a senior at Holy Cross ... Younger sister, Sarah, was on the national record-setting distance medley relay team and other national championship teams at Bay Shore.



Mary Liz McCurdy



Anna McFarlane

Senior/Junior (ath) • Pole Vault • Concord, MA

Collegiate Career Bests

Pole Vault: 12-11 $\frac{3}{4}$ (3.96m) Pole Vault: 13-1i (3.99m)

Record Book: Set the Stanford record in the pole vault in 2006 with a vault of 13-1 (3.99m).

2007 Track & Field Season: Redshirted

2006 Track & Field Season (Sophomore): Stanford's top performer in the pole vault with a season-best 12-11 $\frac{3}{4}$ (3.96m) at the NCAA West Regional ... Indoors, recorded a school record 13-1 (3.99m) in the pole vault at the MPSF Championship.

2005 Track & Field Season (Freshman): Stanford's top performer in the pole vault ... Posted a season-best 12-11 (3.94m) at the NCAA West Regional.

High School: A 2004 graduate of Concord Carlisle High School ... Placed third in the pole vault at the Nike Indoor Nationals in New York during her senior season ... Placed second at the Nike Indoor Nationals in 2002 and 2003 ... The Massachusetts state record holder (13-0, 3.97m) ... A three-time prep All-American in the pole vault.

Cardinal Catalogue: Named to the 2006 All-Academic Pac-10 team ... Parents are Robert McFarlane and Susanna Bedell.



Anna McFarlane



Nora Miller

Sophomore • Hurdles/Jumps/Sprints • Middletown, CT

Collegiate Career Best

100-Meter Hurdles: 14.04 200 Meters: 25.17 Long Jump: 18-7 (5.66m)

2007 Track & Field Season (Freshman): Competed at the Pac-10 Championships as a member of the runner-up 4x100 meter relay team ... Finished 16th in the long jump at the Pac-10 Championships ... Placed 11th in the 100 meter prelims at the Pac-10 Championships ... Ran career-bests in the 100-meter hurdles (14.04) and the 200 meters (25.17) at the Cal Collegiate Challenge ... Notched a collegiate career-best long jump of 18-07 (5.66m) at the Cal Collegiate Challenge.

High School: A 2006 graduate of Middletown High School in Middletown, CT ... Captured 12 Connecticut state titles ... An indoor All-American after finishing fourth in the long jump in 2006 ... The 2003 USATF national champion in the Youth Girls long jump ... Holds indoor conference records in the 55 meter hurdles, 55 meters, long jump and 300 meters.

Cardinal Catalogue: Undeclared major ... Parents are Jeffrey and Patricia Miller ... Mother, Patricia, was a diver for Carnegie Mellon University ... Father, Jeffrey, was also a diver for the University of Pittsburgh.



Laura Mottaz

Senior • Middle Distances • Plymouth, MN

Collegiate Career Bests

400 Meters: 56.13 800 Meters: 2:10.21
800 Meters: 2:11.39i

2007 Track & Field Season (Junior): Ran a career-best 56.13 400 meters at the Stanford Invitational ... Indoors, posted an indoor career-best 57.04 400 meters at the Tyson Invitational ... Ran an indoor season-best 2:12.32 800 meters at the UW Invitational.

2006 Track & Field Season (Sophomore): Redshirted the outdoor season ... Indoors, ran a season-best 2:16.19 in the 800 meters at the Washington Invitational.

2005 Track & Field Season (Freshman): Ran a season-best 2:10.21 to finish ninth in the 800 meters at the Pac-10 Championships ... A member of the 1,600 meter relay team that posted a time of 3:41.08 at the Big Meet ... Also a member of the 4x800 meter Penn Relay champions.

High School: A 2004 graduate of Maple Grove High School in Plymouth, MN ... Four-year Minnesota state finalist in the 200 and 400 meters ... Finished fourth in the 400 at the 2004 Minnesota State Championship.

Cardinal Catalogue: Political Science major with honors ... Selected as a 2007 Pac-10 All-Academic Honorable Mention ... Parents are Tom and Judy Mottaz.



Laura Mottaz



Kate Niehaus

Sophomore • Distances • Columbia, SC

Collegiate Career Best

3,000 Meter: 9:41.83i 5,000 Meter: 16:56.73i

2007 Track & Field Season (Freshman): Finished eighth in the 10,000 meters at the Pac-10 Championships ... Also ran a 17:26.09 to take 14th in the 5,000 meters at the Pac-10 Championships ... Indoors, ran an indoor career-best 9:41.83 3,000 meters at the Husky Classic ... Finished fourth with a time of 16:56.73 in the 5,000 meters at the MPSF Indoor Championships.

High School: A 2006 graduate of Spring Valley High School in Columbia, SC ... Four-time All-American in indoor and outdoor track ... 14-time South Carolina State champion ... State record-holder in the 1,600 and 3,200 meters ... 2005 Nike Indoor Nationals two-mile champion ... 2005 and 2006 South Carolina Gatorade Athlete of the Year ... 2005 and 2006 Wendy's South Carolina Heisman winner ... Four-time Foot Locker Nationals cross country finalist ... Cross country state record-holder.

Cardinal Catalogue: Undeclared major ... Parents are Greg and Elizabeth Niehaus.



Kate Niehaus



Maddie O'Meara

Junior • Distances • Mercer Island, WA

Collegiate Career Bests

1,500 Meters: 4:37 3,000 Meters: 9:51
3,000 M Steeplechase: 10:41.87 5,000 Meters: 17:19.72

2007 Track & Field Season (Sophomore): Posted a 17th-place finish in the 3,000 meter steeplechase at the NCAA West Regional ... Finished tenth with a career-best 10:41.87 in the 3,000-meter steeplechase at the Pac-10 Championships ... Finished 12th with a career-best 17:19.72 in the 5,000 meters at the Pac-10 ... Finished first in the 3,000 meter steeplechase at the Big Meet ... Indoors, Ran an indoor career-best 5:06.90 mile at the Husky Classic.

2006 Track & Field Season (Freshman): Posted a season-best 4:41.79 in the 1,500 meters at the Payton Jordan Cardinal Invitational ... Ran a season-best 18:37.87 in the 5,000 meters at the Stanford Invitational.

High School: School record holder in the javelin ... Runner up at the Washington state meet in the 1600 meters in 2003, also finishing third in 2004 ... Also played soccer ... A three-year letter winner who was a first team all-league midfielder during her junior and senior seasons.

Cardinal Catalogue: Human Biology major ... Named to the 2007 USTFCCCA All-Academic Track and Field Team ... Selected to the 2007 Pacific-10 All-Academic Team ... Parents are Matt O'Meara and Lisa Belden, both Stanford graduates.



Maddie O'Meara



Idara Otu

Junior • Sprints/Hurdles • Brooklyn, NY

Collegiate Career Bests

60-Meter Hurdles: 9.45

400 Meters: 55.29

400-Meter Hurdles: 62.57

60-Meter Hurdles: 8.94i

400 Meters: 55.79i

2007 Track & Field Season (Sophomore): Took tenth with a season-best 1:02.59 in the 400-meter hurdles at the Pac-10 Championships ... Ran a season-best 57.17 400 meters at the Triton Invite ... Indoors, finished 12th with a season-best 57.54 in the 400 meters at the MPSF Indoor Championships ... Ran an indoor career-best

9.45 in the 60-meter hurdles at the Hampton Inn Classic.

2006 Track & Field Season (Freshman): Ran a season-best 55.29 in the 400 meters at the Stanford Invitational ... Stanford's top 400 meter hurdler, posting a season-best 62.57 at the Texas Relays ... A member of the 1600 meter relay team, that ran 3:39.30 at the Big Meet ... Indoors, ran a season-best 55.79 in the 400 meters at the MPSF Championship.

High School: A 2005 graduate of Middle College High School.

Cardinal Catalogue: Science Technology and Society major with a concentration in Chemistry ... Selected as a 2007 Pac-10 All-Academic Honorable Mention ... Parents are Dr. Victoria Edem and Effiong Otu.



Idara Otu



Kaylin Pennington

Junior • Middle Distances • Benicia, CA

Collegiate Career Bests

800 Meters: 2:09.57i

800 Meters: 2:09.91

2007 Track & Field Season (Sophomore): Ran to a seventh place finish in the 800 meters at the Pac-10 Championships ... Posted a career-best 2:09.91 800 meters at the Stanford Invitational ... Indoors, finished tenth in the 800 meters at the MPSF Indoor Championships.

2006 Track & Field Season (Freshman): Recorded a season-best 2:11.43 in the 800 meters at the Mt. SAC Relays ... Indoors, ran a season-best 2:09.57 in the 800

meters to finish eighth at the MPSF Championship.

High School: Finished first in the 800 meters at the 2005 Golden West Invitational ... Holds school records in the mile and 800 meters ... Finished tenth at the 2004 USATF Cross Country Junior Olympics, earning All-America honors.

Cardinal Catalogue: Undeclared major ... 2007 Pac-10 All-Academic Honorable Mention ... Parents are Terrance and Gretchen Pennington.



Kaylin Pennington



Anne St. Geme

Sophomore/Freshman (ath) • Distances • Newport Beach, CA

2007 Track & Field Season: Redshirted

High School: A 2006 graduate of Corona Del Mar High School in Newport Beach, CA ... Captured the CIF Division III and California Division III cross country championships her senior year ... Anchored the championship distance medley relay team (second fastest high school team all-time in the U.S.) and was runner-up in the mile at the 2006 Nike Outdoor Championships with a No. 10 all-time high school time of 4:41 ... Finished second in the 3,200 meters at the 2006 California State Championships ... 2005 State 1600 meter champion ... In 2005, anchored the national champion distance medley relay team at the Nike Outdoor Championships, as well as the runner-up 1,600 meter relay team ... Recorded personal bests of 2:10.01 in the 800, 4:39 in the 1600, and 10:15 in the 3200 meters.

Cardinal Catalogue: Psychology major ... Daughter of Edmond F. St. Geme and Cecilia Hopp St. Geme ... Mother was an All-American and NCAA champion in track and cross country at Stanford, inducted into the Hall of Fame in 2002 ... Father was a free safety on the Stanford Football Team ... Grandfather, four uncles and cousin also played football at Stanford.



Lauren Stewart

Junior • Multi Events/Jumps • Brentwood, TN

Collegiate Career Bests

200 Meters: 25.02

High Jump: 5-10 (1.78m)

Long Jump: 19-6 ¼ (5.95m)

Triple Jump: 42-1 ½ (12.84m)

Heptathlon: 5,141 points

60 Meter Hurdles: 8.77i

100 Meter Hurdles: 14.00

High Jump: 5-8 (1.73m)i

Long Jump: 18-5 ¾i (5.63m)

Triple Jump: 41-3 ¾i (12.59m)

Pentathlon: 3,788 points(i)

800 Meters: 2:25.89

Record Book: Set the school record in the pentathlon in 2006 (3,788 points).

2007 Track & Field Season (Sophomore): Ran a career-best 14.00 100-meter hurdles at UCLA ... Leaped a career-best 5-10 (1.78m) in the high jump at the Triton Invite ... Threw a career-best 37-10 (11.53m) in the shot put at the Payton Jordan Cardinal Invitational ... Indoors, finished fifth in the pentathlon at the MPSF Indoor Championships ... Accumulated a season-best 3,780 points in the pentathlon at the UW Invitational ... Posted an indoor career-best high jump of 5-8 (1.73m) at the Hampton Inn Classic ... Ran an indoor career-best 2:25.89 in the 800 meters at the UW Invitational.

2006 Track & Field Season (Freshman): Advanced to the NCAA Outdoor Championships in the triple jump ... Posted a season-best 42-1 ½ (12.84m) in the triple jump at the NCAA West Regional ... Set a freshman record in the heptathlon with 5,141 points at the Pac-10 Championship ... Ran a season-best 25.02 in the 200 meters at the Texas Relays ... Stanford's top 100 meter hurdler, posting a season-best 14:36 at the Big Meet ... The Cardinal's top high jumper, recording a season-high of 5-8 ¾ (1.75m) and a season-best javelin throw of 116-4 (35.47m) at the Payton Jordan Cardinal Invitational ... Indoors, the indoor school record-holder in the pentathlon.

High School: The Junior Pan-Am gold medalist in the heptathlon in 2005 (5,333 points) ... A two-time All-American in track and field ... 2005 Nike Indoor pentathlon champion ... Three-time Tennessee state champion in the triple jump and high jump ... A two-time state champion in the long jump and pentathlon ... The current Tennessee state record holder in the high jump (6-0, 1.83m) and pentathlon (3,802 points) ... The Great Southwest high jump and triple jump champion in 2005 ... The two-time Tennessee Gatorade Track & Field Athlete of the Year (2004 and 2005).

Cardinal Catalogue: Human Biology major ... Named to the 2007 USTFCCA All-Academic Track and Field Team ... Selected to the 2007 Pacific-10 All-Academic Team ... Parents are Tom and Cathy Stewart.



Lauren Stewart